

**A newe booke**

Entituled the Gouverne-  
ment of Healthē, wherein is bt-  
tered manye notable Rules for  
mannes preservation, with son-  
dy symples and other matters,  
no lesse fruiteful then profitable:  
colect out of many approued au-  
thours. Reduced into the forme  
of a Dialogue, for the better bu-  
derstanding of thunlearned.

Wherunto is added a suf-  
ferain Regiment a-  
gainst the pesti-  
lence.

By VVilliam Bulleyn.

1558.

Imprinted at Londō by John  
Day, dwelling ouer Aldersgate  
beneth saint Martins.

Cum priuilegio ad imprimen-  
dum solum.



RA775

B93

Office



LIBRARY OF CONGRESS  
CITY OF WASHINGTON

T. H.

Acq. 11.24 W.C. May 18

ga  
ky  
an  
chi  
on

To the right vvor

Thypfull Sir Thomas Hilton,  
knyght, Baron of Hilton, and Cap-  
taine of the King and Quenes mai-

ties castell of Linmoth. VVil-

liam Bulleyn, wistheth en-  
crease of worshyp  
and health.



VINTVS

Curcius

y famous

wryter of

the greete

Battayles

that kyng

Alexander,

the sone of

Phillippe of Macedone, had a-  
gainst the moost noble, and ritch  
kyng of the Medes and Persi-  
ans, called Darius (ryght wor-  
shipfull sir) declareth that when  
one Phillippe the Philicion vnto

A.ii.

the

TOVV The Epistle.

the sayde Kyng Alexander, and  
his moste trusty subiecte. By so-  
dayne chaunce, the kyng fell sore  
sicke, to the great heavines of all  
his royall armie, at whiche tyme  
with al speade, this phisicion did  
prepare a medicine, moste excel-  
lente for his soueraine Lorde,  
whome he so dearly loued, to this  
ende, that the great vertue therof  
might preuent his present sicke-  
nes, & inenint daunger: but mali-  
cious spite, that wretched enemye  
whiche neuer slepeth but wat-  
cheth euer, to bringe vertue and  
good fame to destructiō f Imme-  
diatly befoze this gentle Philip  
did presente him selfe vnto the  
kyng with his medicine: Letters  
were sent to kyng Alexander, co-  
teining, that the said Philip was  
corrupted so with money from  
kyng Darius, that he hadde pu-  
most



## The Epistle.

moste deadly poyson and vncurable venyme into Alexanders medicine. The king perusing the letters, kept them secrete vntyll he had dronke his medicine, and immediatly he toke his phisicion by the hande, and deliuered hym the letters, that he might rede the hauing in him so great confidence, that he did in no maner of case mistruste him. The cause why I haue alledged this most worthy prince kyng Alexander, & his excellent phisicion Philip, is to declare the great truste in the one, & the fidelitie in the other, not forgetting the shameles conditions of the flatteryng Parasites, whiche euer worketh with two faces in one hood, bearing fier in the one hande, and water in the other: sowers of disorde, reapers of mischief: which be alwaies enemies

A. iij.

vnto

## The Epistle.

unto the disciples of Philippe,  
whose benemous stynge's can  
not hurte them, which euer haue  
in store the pzeious Jewell of pa-  
cience, and arme them selues to  
do good to euerye good man, for  
the pzeeruacion of their lyues,  
by the trewe rules of the gouer-  
ment of health, whiche here I  
am so bold to pzeent unto your  
wozship. For where as there lac-  
keth gouernement in a common  
wealth, the people dooe eftsones  
fall into ruyne. The shippes that  
lacketh good gouernaunce, ofte-  
times be cast awaie vpon sandes  
and rockes. And therefore there  
is nothinge vnder heauen, that  
hath lyfe, but if it lacke good go-  
uernemēt it wil quickly fal into  
vtter decaie. For like as the crea-  
ture of all thinges, haue formed  
the bodie's of al mē into the good-  
liest

## The Epistle.

liest shapes of euery liuing thing  
that euer was, or euer shalbe:  
Euē so he hath ordeined for mā:  
herbes, frutes, rootes, seedes,  
plantes, gūmes, oyles, precious  
stones, beasts, foules, fishes, for  
the preservation of health, to be  
moderately vled with discretion,  
whiche preserveth the bodye in  
good estate, without whose ver-  
tues the bodies can not lyue, for  
they be the nozzythers of life. But  
misusing or abusing them, brin-  
geth to the body many diseases,  
as rumes, catozes, dropsies, im-  
postumes, gobotes, flires, opela-  
tions, vertigos, blyndnes, rup-  
tures, franlies, with many moo  
noysome diseases, which cometh  
thorowe the corruptiō of meates  
and ill aire. For what auaileth  
ryches, honoures, costly buyl-  
dinges, faire apparell, with all  
A.iiij. the



The Epistle.

Codrus.  
Midas.

the pompe of this worlde, and to be honoured of the people, and in the meane time to be eaten with wormes in the breaſte oz in the belly, conſumed with agues, turmented with gobotes, ſozenes, boneache. &c. Well I thinke, a whole Codrus is better than a ſicke Mydas. And ſeing that to poſſeſſe health is better then to gouerne golde, in ſo much that health maketh men more happier, ſtronger and quieter then all maner of riches, lacking health: as exāple. Great princes, noble mē, men of great ſubſtaunce, when they bee worapped & enclosed with many & ſundry ſickenelles, and in daile dangers of death, in their extreme paynes and paſſions, they do more greatly coueit one drope of health then a whole tunne of gold, crying out for the helpe and coun-

## The Epistle.

counseile of the phisicion. Whom  
Iesus Sirack, in his godlie boke did Cap. 38.  
counsell all wyse men to honour,  
and whome the almightie God,  
did create and ordeine for the in-  
firmities of mankinde, and also  
medicine for his helpe, and that  
no wyse man should despise the.  
Therefore yet againe (right wor-  
thie knight) I shall moste hum-  
bly desire you, to except the good  
will of him, whiche wyssheth the  
peares of your prosperous lyfe &  
health, to be equall to Nestor, Ar-  
ganton, and Galen. Whose lyues Nestor.  
Galen.  
Argantō.  
were long, healthful and happy.  
And thus wyshing the daily en-  
crease of your worship, with con-  
tinuall health, to gods pleasure:  
who euer be your guide and go-  
uernour, Amen. Your worships  
alwaies to commaunde.

V Villiam Bulleyn.

**C**ursed be Bacchus, the father of drunkennes,  
Founder of lothelie luste and lecherie,  
Thy seruantes twain, be intēperatice & idlenes  
Whiche gentle diet and sobernes do defie,  
but sobernes, doth liue, when glotonie doth die.  
Though bākettes doth abounde, eyes for to please,  
Ouercharging the stomake, bringeth small ease. ✓

**T**he aboundaunce of wine, and luste of meate,  
Feasting in the daie, and riot in the night,  
Inflameth the bodie with unnaturall heate.  
Corrupteth the bloud, and abateth the sight,  
The synewes wil relaxe, the Arteries haue no might  
Apoplexia and Vertigo, will neuer fro the starte,  
Vntill the vitall blode, be killed in the harte. ✓

**O** happy is pouertie, with good gouernaunce,  
Whiche of fine fode hath no great plentie,  
Nature is suffised, with thinges suffisaunce  
But poisoned, with floodes of superfluitie,  
Consider your foode, in the time of pouertie,  
Example to Diogenes, sitting in his tonne,  
Was well pleased, with refleccion of the sunne.

**B**eastes and foules, of nature rauencous,  
In fieldes and forrestes, seke their aduenture,  
Vpon their praies deuouring moste odious,  
Consuming by glottonie, many a creature,  
Yet eche of them, according to their nature.  
Can purge their Cruditie, with casting venomous  
Man through replecion, is in daunger parelous.

Man



Man's nature doth weake, as this world doth waste  
As thinges ingendred, corrupting by time,  
Our lyfe is present, but death maketh haste,  
Festinate by surfite, I tell you in ryme,  
Example to the epicures, rotten into slime,  
As gods worde and storie, the treuth to tell,  
That unsatiat glottons shall faste in hell. ✓

Tauly to wyse men, this is the chief medicine,  
Moderate diet, with temperat traucell, ✓  
good ay: in swete fields, whē y son doth shine,  
Flynng stinging mistes, that the life will creepell,  
Digestion of stomake, they shall fele full well. ✓  
And to shake of anger and passions of the mynde,  
Thus quietnes of cōscience the happp mā shal finde ✓

We knowe eche one, and se by experience,  
That men shall waste and phisicke fade, ✓  
What is man: when he is in moste excellence,  
Some fallen to duste, and sleapeth stil in shad, ✓  
flowers, leaues, & frute, groweth i somer most glad,  
But from their bzaunches, as it is dailp sene,  
Are beatē down w winde whē thei are fresh & grene ✓

Sonne mone & starres, with heauenly influence,  
The earth doth garnishe w flowers fresh of hew,  
The trees spring, w frute of their beneuolence,  
The rain nourisheth, y swete felds w siluer drops new  
The lylie, read rose, and flowers pale & blewe.  
Horne and cattelle and euery thing tempozall, ✓  
Be not these gods gifts: for these our liues mortal  
But

**B**ut to know these creatures is a gift most excellent  
Complexions hote or colde, moist or drie,  
And to whate nature they be conuenient.  
Hippocrates and Gallene, in their time did trie.  
Dioscorides and Auicen, with Plini wold not lye.  
Aristotle the philosopher in learning moste excellent  
So be many men now in this life present. ✓

**T**o them I bend my knee with dewe reuerence,  
As one unworthy their fote-steppes for to kisse,  
Lacking no good will confessing my negligence,  
Though many will iudge, my entent amisse.  
Pouring water in the sea, where aye plentie is. ✓  
But of your worship to whome I present this gift,  
Except it better the nothing to make a simple thift.

I pray you rede this gouernment short I wil it make our  
Betwene one called Iohn, & Iumfrey the wise, cause  
When you are at leasure in your hand it take. ✓  
Though it lacke eloquence, yet do it not despise, ✓  
I will assite no authour, which haue witten lies.  
And stil wil submitte my self vnto the lerned iudge  
And forse not of the ignorant whiche at my traue  
(grudge)

Esse cupis sanus sit tibi parca manus,  
Pone gule metus, etas vt sit tibi longa.

FINIS.

# To the gentle Reader.



**H**ence I doe present  
vnto thee (gentle Rea-  
der) a symple Gouverne-  
ment of helth, beseeching  
thee moste heartely for  
to except it as an argu-  
ment of my good wyll, as one vnfa-  
redly that greatly dooe coust the good  
state and happy health of mankynde.  
Whiche by dayly casualties, surfaites &  
age: do decay, and fall into many gre-  
uous & painful sickenelles. For whiche  
cause although perhappes I can not in  
all pointes aunswere to thy request, in  
this litle regement: yet I shall desire  
thee to except me amonge the felowe-  
ship of the botchers, which do helpe to  
repaire thinges that fall into ruine or  
decay. Euen so bee the pratiscioners of  
physicke, no makers of men, but when  
men dooe decaye throughe sickenesse,  
then the counsell of the physicion, and  
the vertue of medicine, is not to be re-  
fused, but moste lousingly to be embra-  
ced, as



## To the Reader.

ted as a chief friende in the tyme of a  
uersitie, if thou readest this litle booke  
and obserue it, I trust it wyll paye  
muche as it doeth promyse. And be-  
cause I am a yong man I woulde not  
presume to take suche a matter in hand  
although the wordes be fewe, but to  
consultat and gather thinges together  
which of my selfe I haue practised and  
also read and noted in the woorkes. Hip-  
pocrates, Galen, Auicen, Plinii, Helio-  
lyabas, VVenzoar, Rasis, Dioscoride.

Leonhardus Fucchijs, Conradus

Gesnerus. &c. And thus I

leue the to the company

of this my litle

booke,

wishyng thee health, and

all them that shall

reade it.

(. . .)

William Bulleyn.

*Noblemans*

# The contentes of this booke of the gouernment of healthe.

<b>T</b> He Epistle.	Phisike deuided into .v.
Verses in Meter a	partes. fol. vii
gainst surfeting, cōmen	The discription of the .4.
ding moderate diet.	complexions. fol. ix
Verses in the prayse of	The discription of the .4.
the boke.	Elementes. fol. x
A preface to the Reader.	Creatures cōpōūd of mo
Of the Epicūrs life. Fo. i.	elements thē one. fo. eo
Heliogabal <sup>9</sup> court fit for	Elementes felte and not
Epicures. Fo. ibid.	sene. fol. xi
Bealy gods plaged. Fo. ii.	The .4. complexions de
Frutes of inordinate ban	uided into. 4. quarters
quets. Fol. eod	of the yere. fol. eod
Varietie of opiniōs. fo. iii	Metals and medicines be
An obiectiō against phi	knovven. fol. xii
sicke. fol. eod.	The bringing vp of chil
God, autour of phi. fo. eo	dren. fol. xiii
God ordeined herbes for	Best time to prouide for
helth of men. fol. eod	age. fol. xv
The praise of phi. fo. iiii.	The discription of the .4.
definition of phi. fo. v	humours. fol. xvi
Andry sectes of phisiti	Men heat, but vvomens
ans. fo. vi.	tongues heater. fo. xix
	B. i. All

# The table.

Al things bringeth their	Of meats and medicine	Co
✓ apparell vwith him, mā	fo.eod	Co
onely except.	fo.eod	Best time to purg. fol.3
A diffinicion of mem	Vomites and their pro	Co
bers.	fo.xx	fites. fo.eod
Muskels and glandens	Customs in vomityng	A
fleshe.	fo.eod	euill. fol.eod
A part, called by the nāe	Of bathinges and their	To
of the vvhole.	fo.xxi	properties. fo.eod
Vwhat anotomy is.	fo.eod	Discommodities by cō
Foure thinges confide	mon hot houses.	fo.xxx
✓ red in the bodye of	Afore bathing vse goo	Div
man.	fol.eod	oyntments. fol.eod
Of openyng the vaines,	Perilous to bath vpon a	Go
and blud letting.	fo.xxiii	empty stomack. fo.eod
✓ Agaist dropsy.	fo.xxiii	Of nelynge. fo.eod
Helping the Eme.	fo.eod	Of suppositers. fol.eod
Thernia excellent Tria	Boxing good for the bo	To
cle.	fol.eod	dye. ✓ fo.eod
Capers good.	fo.xxv	Of glisters. ✓ .fol.eod
Miracle healeth vwhen	Manipracticioners.	fo.3
phisike faileth.	✓ fo.eod	Beastes and birds vse p
Time for al thinges	fo.27	ning. &c. fol.eod
Of bloud letting.	fo.28.	Hot vwater vnholesome
Vsurpation.	fo.xxviii	fol.xxx
Morning best to let blud	Frication holesom.	fo.eod
	fol.eod	✓ Com



## The table.

Combing the head. fo. eo	Moderate vvalke after
Cutting of heere and pa rynge nayles. fo. eo	meat profiteth. fo. eo
Confideration to be had in eating. fo. eo	To healpe diggestion by diuers vvaies. fol. xl.
A cause vvhy the soul de parteth from the body. fo. 34.	A note vvhiche bee the most holesomest ayres to dwell in. ✓ fo. xli
To eate bothe fleshe and fishe together hurteth the flegmatike. fol. eo	Vvhat ayres corrupteth the bloude. fol. eo
Diuerse sortes of meates corruptes the body. fo. 35	Corrupte ayre bringeth sundry diseases. fo. xlii
Good dyet prolongeth life. fol. eo	Feruent praier vnto god doth mitigate his vvraith ✓ fo. eo
Vvhat meats doth cause good blood. fol. 36	Svvete aires to be made in time of sicknes. fo. eo
To go to bed vvith emp ty itomack hurts. fo. eo	Vvhat sitation is best for an house. ✓ fol. 43
An order in dieting. fo. 37	Pleasant people. fo. eo
An order for them that be sicke. fo. 38	Moderate exercise a so- uerain thing. fol. 44
Of syrrops and drinckes. fol. eo	Vvhat profit cometh by exercise. fo. eo
the complexion is, fo. 39	Vse maketh labour eas sye. fol. eo
can desireth. fol. 39	Idlenesse the mother of mis

## The Table.

mischiefe.	fo. 45	Of doctor dyet, quiet, & T	
Of exercise before meat.	meriman.	fo. 51	
	fol. eod	Better to lacke riches the	T
Of slepe and vvakinge.	to vvant quietnes and		ta
	fo. 46	mirth.	fo. eod
To sleepe after dynner	Many apt similituds for		p
hurteth.	fo. eod	the same.	fol. eod
To sleepe on the righte	Pore mens plesure.	fo. 52	
side best.	fo. 47	The tormentes of the	Of
Lodgyng to bee kepte	minde.	fo. eod	pr
clene.	fol. eod	Thought killeth many.	Of
To slepe in felds is hurt	✓	fol. eod	pr
full.	fo. 48	Ire is a greuous passion.	Of
The cause of the stone.		Fol. 5	pe
✓	fo. eod	Deuils incarnat.	fol. eod
Remedies for the stone.		A good face in a glasse	
✓	fol. eod		fo. eod
Of vrines vvith the co-	Better to bee spited then		net
lours thereof, and the	pitied in some case.	fo. 5	The
iudgementes.	fol. 49	The vertues of vvorme	deli
Contents in vrin be the	vvode.	fol. 5	Of
chief things to knowe	The propertie of Ann		Of c
diseases by.	fo. 50	fede.	fo. eod
Of stoles and the iudge-	The vertue of mous	tye	Garl
mente of the coulours	care	fo. 5	Of o
therof.	fo. eod	Of chikvvode.	fo. eod
			etty
			Th

## The Table.

The properties of forell.	Myntes and their pro-	
fo.eod	pertyes.	fol.65
The properties of plan	Fennell and hys proper	
tayne.	ties.	fol.66
Of camomel and his pro	Isop and his operation.	
pertie.	fo.58	fol.eod
Of sage and his property	Sencion and hys opera-	
fol.eod	tion.	fol.eod
Of Polipodio and hys	Percelye and hys opera-	
d propertie.	tion.	fol.68
Of horehounde and hys	Mugvorte and his pro-	
d properties.	pertye.	fol.eod
Of veruen and hys pro-	Of Cabbage.	Fo. ibid
perties.	fol.60	Philopendula and hys
Of Revv or herbe grace.	operation,	fo.eod
fol.eod	Agremoni and his ope-	
The properties of Bur	ration.	fol.eod
net.	fol 61	Of Dragon.
		fol.eod
The properties of Dan	The vertu of violets,	fo.e
delion.	fol.eod	Of the vvhite lillye and
Of spinage, ✓	fol.62	his operation.
		fol.70
Of covvcumbers,	fo.eod	Centorye and of hys
Garlyke and his proper	vertue.	fol.eod
tye.	fol.63	Rosemary & of his.
		fo.co
Of oynions.	fol.eod	Peniroyall and hys ope-
Lettyse and his property	ration.	fol.eod
fol.64		Of



# The table.

Of Mustarde and hys o- peration. fol.eod	Good thinges to digest cholere. fo.eod	svv
The veru of buglas.fo.co	To purge choler. fol.eod	Of
The ver. of Basil, fol.eod	To digest fleum, fo.eod	lers
Roses and his vert. fo.73	To purge fleume. fo.eod	Of
Sauery and his ver. fo.co	To purge melancholye. fo.eod	Of
Time and his ver. fol.74	To prouoke vrine. fo.co	Ren
Periely, saxifrage, and their operations. fo.eod	Cōfortes for the braynes to smel on. Fo. ibid	Ho sti
Lyuervvorte and his o- peration. fo.eod	Things good to stoppe the fluxe. Fo. ibid	A m
Bitonye and of his ver- tue. fol.eod	Good thynges to pro- uoke nesying. Fo. ibi.	Por on
Betes and his vertu. fo.75	Good thinges to comfort the heart. Fo. 18.	The
Maydenheere and hys vertue. fo.eod	Fygges and dates. Fo. ibi	Beal
Melilot & his vert. fo.76	Of Peares. Fo. ibid	Pud
Peas and beans, and their operation. v fol.eod	The Fryers pear. Fo. ibi	A pl
Of hutles & tares. fo.co	Of Appels. Fo. ibi	nie
Lekes and their proper- ties. fol.77	A medicine for the smal pockes. Fo. ibi	OF R
Of Radyfne and other rotes. fol.eod	Of peaches. Fo. ibi	and
Herbes ingendreth me- lancholye. fol.eod	Of quinces. Fo. ibid	Of
	Of Chyries. Fo. 83	dear
	Of Grapes. Fo. ibid	Svvet

Syvete prunes laxatyue.	Fo.84	Of hares and conyes, and their properties.	Fo.91
Of Barbaries and Med- lers.	Fol.eodem	A medicine for bluddye eyes.	Fo. ibid
Of Capers.	Fol.eodem	Of Cockes, hennes, and capons.	Fo. ibi
Of Biefe.	Fo.85.	Of Geese.	Fo.92
Remedye for the flux.	Fol. ibi	The properties of greate Foules.	Fo. ibid
Hovve to healpe Disge- stion.	Fo. ibid	Of the flesh of Duckes.	Fol.94
A medicine for the eyes.	Fo.87	Of Pygeons and Doues.	Fo. ibidem
Porke and his operati- on. ✓	Fo.87	Of the flesh of Pecoeks.	Fo.95
The discriptiō of svvine ✓	Fo. ibi	Rosted Pygeons.	Fo. ibid
Beastes haue no reason.	Fo. ibid	Of the fleshe of Cranes.	Fo. ibid
Puddynge of Svvine.	Fol.88.	O <sup>r</sup> Svannes fleshe.	Fo.9.
A plaister for. s. Antho- nies fyre.	Fo. ibid	Of Herons, Bitters, or shouels.	Fo. eod
Of Rammes, vveathers, and lambes.	Fo. ibid	Of Partriches, Fesantes, and Quayles. &c.	Fo. co
Of Redde and Falovve deares fleshe.	Fo.89	The properties of small byrdes.	Fo.98
			The

## The Table.

The operation of fishes.	fol.eod	Of beere and ale.	fo.11
		Bread of all sorts.	fo.11
The beste feadyng for		Of Ryffe.	fol.11
fishe.	fol.99	Of Almonds.	fo.eod
Sone labour after eatyng		Of V V alnuts.	fol.11
fisherhurterh.	fol.100	Of phylberdes	fo.eod
Fat fishe grose.	fol.eod	Of Nutmegs.	fo.eod
The electio of fish.	fo.eod	Of Cloues, galingale, and	
Crauises and crabs.	fo.eod	Peper.	fo.eod
Of oyle.	fol.101	A practice.	fo.11
Of V vater.	fol.102	Of Calamus.	fo.eod
V what kynde of vwater		Of triacle.	fo.12
is best.	fol.eod	Of Methridatum.	fo.12
Of Vineger.	fol.103	Of Safron.	Fo.11
Of common salt.	fo.eod	A regiment of the pest	
Of honye.	fo.104	lence.	fo.12
Bees exaple to vs.	fo.105	Good ayre.	fo.eod
Of milke.	fo.106	None slepe.	Fo.eod
Milke not good for full		Of slepe.	Fo.eod
stomackes.	fol.eod	Exercise.	Fo.eod
Of Butter and Cheese.		Of myrth.	Fo.12
	fo.107	Syignes of the pestilence	
Of Egges.	fo.108		Fo.eod
Of V vine.	fol.109	Methridatum androm	
Heat of excelle in dryn-		chi.	Fo.eod
kyng.	fo.eod		

FINIS.



**John. Byng.**



**I**f all pleasures & pastymes my thynke there is none like vnto good chere, what should mā do but passe awaye the tyme with

The epi- cure des- reth too fine al to- gether in belly chere.

good felowes and make mery, serenge we haue but a tyme to liue, cast away care, wherfore is meate and bellies oz- tained but the one to serue the other: the fleshe that we dayly increase is our own. Abstinence & fasting, is a mighty enemy and nothing pleasaunt to me, and be vsed of very fewe that loue thē selues, but only of beggers, and coue- nous sparers, whiche dooe spare muche and spende little.

**Humfrey.**

**I** knowe well youre goodly ex- pence of tyme, I boys it is no seruayle, althoughe you make your belly your God: and bosse of. You se that all lusty reuilers, & continuall banquet makers, come

**C.j.**

to great

to great estimation, as example  
to Varius Hælyogabalus, which was  
daily fedde both many hundzeth  
fishes and foules, and was ac-  
cōpanied with manye brothels,  
baudes, harlottes, and glottons,  
and thus it doth apeare by your  
abhorring vertue, that of ryght  
you might haue cleamed a great  
office in Hæliogabalus court, if you  
had been in those daies, but you  
haue an infinite number of your  
conuersacion in these daies, the  
more pittie.

Helioga-  
bal<sup>s</sup> court  
fit for hel  
to gods.

¶ John.

✓ What good sir, I require not your  
counsell, I pray you be your ston-  
✓ caruer, and geue me leaue to serue my  
fantasy. I wyll not charge you, you are  
very auncient and grave, and I am  
✓ but yonge, we be no matchis.

¶ Humfrey.

God counsell is a treasure to  
wise mē, but a very trifle to  
foole

foole, if thou haddest sene those thinges whiche I haue seene, I know, thou wouldest not be such a man, nor thus spend thy tyme.

**I**ohn.

**W**hat haue thou sene, that I haue not seen?

**H**umfrey.

I haue seene many notable and greuous plages, whiche haue fallen vpon greedy gluttons, as wasting their substance, distor- The lust reward of belly gods.  
ming their bodies, shorting their pleasaunt daies, and in this point to conclude with thee, where as glotony remaineth, from thence is moderate diet banished: and those bellies that folowe the lust of the eyes (in meates) in youthe, shall lacke the health of all their bodies, in age if they liue so long.

**I**ohn.

**M**y thinke thou canste geue good

**C.**ii.

counsell



## The Gouvernement

counsell, thou seemest to be seen in ph  
sicke. I praye thee is it so great hurt  
delight in plenty of bankettes?

**Humfrey.**

The frutes of in-  
ordinate  
baquets.

**S**ir, if it will please you to be  
somewhat attentiuē, I wyl te  
you. It is y very grayne whero  
comith stinking vomettes, sauc  
faces, dropsies, vertigo, palseis  
obstructiones, blindnes, fluxes, ap  
plexis, caters and reumes. &c.

**John.**

**I**s it trewe that you haue sayde to  
mee?

**Humfrey.**

**V**Vulde to God dayly ex  
perience did not trie it  
I dooe perfectly knowe it. And  
once thou shalt be a witnes ther  
of, if thou come to age.

**John.**

**T**hen I beseeche thee gentle fren  
Humfrey, declare to me, why ther  
is suche diuision among phisicians?

**Hum**

**Thumfrey.**

**T**hou seest, amōg the Theolo-  
giās there is much varietie,  
and yet but one troth. Discordes  
e soone knowen of Musicians,  
and the Phisicians bee not igno-  
runt of the generall natures of  
things. No diuision is although  
do so apeare: for regēt's, place,  
age, time, and the present state of  
mans nature must bee obserued,  
not the olde rules in al pointes.  
For mans nature is soze altered  
and chaunged, into a byler sorte  
than it was wonte to bee.

Marlette  
of opi-  
nions a-  
mōg mē.

**John. Byngyd**

**S**ome dooe report that men of great  
estimaciō, say: what nedeth phisicke,  
is but an inuention only for money,  
we see (say they) who liueth so wel, as  
they whiche neuer knew phisicke, and  
euill as these potbicare men:

Anobler  
tion a-  
gainst  
phisicke.

**Thumfrey.**

**C.iiij.**

**Many**

**M**any men bee moze riche then  
 wyse, & moze esteemed, for ti-  
 tles of their honours & worships,  
 then for any other vertue or cun-  
 ning, suche men in some pointes  
 bee moze ingratifull to naturall  
 remedies then dogges: whiche  
 can electe or choose their vomit-  
 ✓ ting gras, or birdes, whiche can  
 chose grauell or stones for their  
 casting. But to cōclude with the  
 in this matter. Plini the greater  
 clarke, haue a thousand reasons  
 to proue them foulshe that wil ob-  
 secte against Physicke. And the  
 authoz of al thinges did wel forsee  
 and knowe, what was good for  
 mans nature, whan he stretchid  
 out so large a cōpas round about  
 the earth with y noble planettes  
 and signes, and their courses, in-  
 fluences and heauely qualities  
 and garnished the earth with  
 fruite

God the  
 authoz of  
 physicke.

The in-  
 estimable  
 goodnes  
 of god or-  
 deined  
 herbes for  
 the healt  
 of man.



hen fruite, herbes, flowers, leaues  
 2 ti- graines, oyles, gums, stones, for  
 ips, mans comfort and helpe, and or-  
 un- deined the phisicion for to helpe  
 tes man. Thus the almyghtye haue  
 cal done saith Salomon. And in re-  
 iche compere, God hath not apointed  
 nit the phisicions to be rayled vpo, or  
 can dispised, but honoured & rewar-  
 heid: yea, esteemed of princes. And  
 hee seing good nature and wise men  
 rate be on my side: I forse not of other  
 ns mens phantasies, with whome  
 ob neither good wisdom, nor good  
 the nature is guyde.

**C**John.

**V** Why is phisicke of suche great au-  
 thoꝛitie: or hath it ben in estimatio  
 among olde fathers: May that be pro-  
 ued of thy parte?

**C**Humfrey.

Yes that I can.

**C**John.

**C. iiii.**

Salomon

Eccle. 36.

If thou canst bring in any reuerent fathers that loued physick: I wil not despise, but greatly esteeme it, & desyre counsaile in demaunding of a few questions.

**C**hunfrey.

The p<sup>r</sup>at  
se & erele  
cle of phi  
sicke.

Moises.

Adam.

Iesus Si  
rack. cap.  
xxxviii.

Diodoro.

Test.

Ouid.

Metamor

Physicke hath ben in so hye an estimacio, that y<sup>e</sup> gentilles did all consent, it came from the immortal goddes. The Hebrues did well knowe it, as Moises in the moste auncient booke, called Genesis primo, doth discribe the worke of the almighty God: of herbes, frutes, and plantes, that Adam might teach the verrues of the to his children. Iesus Sirack which was endued with y<sup>e</sup> spirit of god, haue lefte a laude behinde him greatlie commendinge physick amongst the diuines of the Hebrues. Mercuri amongst the Egiptians, Ouide doeth greatly commende Apollo, the inuenter of herbes, when

when they were almoste oute of  
 memory, he reuiued their ver-  
 ges, and taught their nature to  
 others that folowed him. After  
 that came in Aesculapius, whiche  
 did many moſte excellent cures.  
 And chiron, the instructor of Achil-  
 les, whose name can neuer die as  
 longe as the herbe centauri, grow-  
 eth vpon the earth, whiche is  
 called after his name. Podalirius &  
 Machaon, were twoo brethren in  
 the time of the battell of Troy,  
 whiche were excellent phisicians,  
 and be greatly commended of Ho-  
 mer, who was moze excellēt the  
 Hippocrates, in the Ile of Coose:  
 whose woꝝkes will neuer die, for  
 he brought in phisicke, and dige-  
 sted it into faire bokes, for mans  
 health. Then came Gallene,  
 vnknownen to all wyse and  
 cured phisicians. I coulde re-  
 herse

*Passim*

Chiron  
centaur⁹.

Podaliri⁹

Machaō.

Hippo-  
crates.

Gallenus.



herse many moo, but this shal  
suffise to proue phisicke to bee  
greate authoritie amonge old  
fathers.

**John.**

I pray thee frende Humfrey, what  
phisicke: I would bee glad to learne  
some of thy knowledge, for thou hast  
good order in talking, & seme to be g  
ded of authoritie. Therfore I am so  
that I haue cotended with thee: I p  
y be not angry, with my former talk

**Humfrey.**

Hippoc  
rates in  
hb. de fla.

21 diffin  
tio of phy  
sicke.

Hippocrates in his booke of wi  
des or blastes, saith y phisic  
or medecine, is but a putting  
the body whiche it lacketh, or t  
king from the bodie thinges  
perfluuous. And althoughe ou  
life be shorthe, yet the arte of ph  
sicke is long, because great no  
bres of thinges be in it, and  
quireth muche study, labour a  
pract

ha actise, and first of all, it requi- Hippo-  
 ee or h much contēplacion or know crates in  
 oldedge, in studying good bookes, primo  
 which is called Theoricha. Secōd- Aphoris.  
 the very effect of contempla-  
 on or study, is practica or actua, Theori-  
 which is doing of the thinges, cha,  
 at learninge haue taughte as  
 pairing, amending, or preser-  
 ing, the bodie of men, women  
 and childzen. &c.

**John.**

It semeth to be a goodly science.

**Humphrey.**

Herodotus saith: they greatly Herodot  
 erre that call it a science, for  
 or this an excellēt art in doing of no  
 es ble things. And science is but  
 e ou knowe thinges. There is also  
 f p this excellēt art sundry sectes  
 t no phisicions, some be called Em- Emperici  
 nd trici, who suppose that onely ex-  
 ur arience doeth suffice, and so by  
 act ble

Philinus

serapion.

Apolonii

Methodi.  
dici.

Asclepiades.

use and experience dooe take in  
hande to heale diseases, not know-  
ing the cause of the said disease  
or sickenes. Philinus was one of  
that secte at the first beginning  
Then folowed Serapion, & after  
that y Apolonis. And then came  
Glaucius Menadotus Sextus, &c. All  
other kinde of phisicians, be cal-  
led Methodici, whiche neither ob-  
serue tyme, place, age, state, nor  
cōdicion: & thinke theim thinges  
of small profite, but onely their  
respecte is to their disease: they  
loue not longe study in phisicke  
and are greatly deceyued, be-  
cause they would builde without  
foundation: and haue the frutes  
before thei haue planted y trees  
These mennes cures be but by  
chaunce medly. One Sirus began  
this, whiche receyued certayn  
rules of Asclepiades. The chief  
best



e ineste secte of Physitions called  
 no Dogmatici. These be the wyse mē  
 easo whiche sette not the carte before  
 e ome horse, nor the rootes of the  
 ingrees vpwarde. They dooe pru-  
 fterently consider the chaunge of  
 amans nature, & dwelling place,  
 And the alteration of & ayre, the time  
 cal of the yeare, the custome of peo-  
 ple, the maners of diseases, the  
 fashion of mens diete. And this  
 ges they will proue by trewe argu-  
 mentes and reasons, and will be  
 the very careful for their patientes.  
 The disciples of those mē, be the  
 best scollers, therfore I counsell  
 youe I hon to loue wel Hippocrates  
 the prince of Physitions, whiche  
 began the best maner to generu-  
 at to all the louers of phisicke.  
 of this writeth Gallen, much lau-  
 yning Hippocrates & his followers,  
 chief in these daies Leonhardus Fut-  
 chus,

Dogma-  
 tici,

✓

Hippo-  
 crates.

+

# The Gouvernement

chius Matheolus. &c.

**John.**

**S**eing thou hast spoken of sondre partes of phisicions, I praye thee what partes be there of phisicke:

**Humfrey.**

Gallen de  
clemen.  
de temp.  
de facul.

Phisicke  
deuided  
into foue  
partes.

**T**Ruly there be foue thinges to be noted in phisicke, as. v. principall partes, as Gallen saith: in lib. de Elementis. The first is to consider the nature of mans bodie. The seconde is, to kepe the bodie in health, and to defende it from sickenes and infirmities. The thirde is, to knowe all the causes, rules, and sedes, wherof the sicknes doth growe. The.iiii. is Crises or iudgemēt of the disease of thinges present, past & to come. The fifth is the beste and moste excellēt, for it sheweth the maner of healing, dietinge, fashion, order, & waye to helpe the sicke

licke bodie, & p̄serue the same,  
as longe as man doth remayne  
in the state of lyfe.

**John.**

**T**hou hast spoken of the partes of  
physicke, what is the forme maner  
oꝝ distribution thereof?

**Humfrey.**

**I**t is distributed in thre formes  
one is natural, another vnnatu-  
ral, & .iii. against nature. The first  
is, by those things wherof y<sup>e</sup> bo-  
die is cōpact, cōstituted oꝝ made,  
as Gallen saith: in his .iii. booke of  
his Tēpramentis. Cap. 4. The secōd  
is called not natural, as meates  
oꝝ thinges to p̄serue the bodie  
in health, they be not called vnnatu-  
rall, because they be againste  
the body, but because the rash  
takynge, oꝝ glotonous vsinge of  
them, may bryng many thinges  
to the vtter destruction of the bo-  
die.

Gal. lib. 3.  
de temp.  
cap. 4.



die. The thirde, bee thinges a-  
gainst nature, whiche doeth cor-  
rupt the bodie or poison nature,  
wherof Gallen writeth.

Galle. in  
lib. 2. The  
rap. me-  
tho.

**John.**

**N**owe thou hast taughte me short  
rules of the partes & formes phis-  
call, I pray the shewe me some pretie  
rules of the complexiones of men, and  
that I may aptelle knowe them with  
their properties, elementes, tempera-  
mentes and humors.

**Humfrey.**

**V**pon my lute some time, to  
recreate my selfe, I ioyne  
with my simple armonie, manie  
playne verses. Among all other  
one smal songe of the foure com-  
plexions, wilst thou heare it  
take that chaire and sitte dooone  
and I will teache thee my song

**John.**

I thanke thee.

**Hum**

**Humfrey.**

The bodie where heat & moister dwel,  
 He sangnen folkes as Galen tell,  
 With visage faire & chekes rose ruddy:  
 The slepes is much, & dreames be bluddy.  
 Puls great and full, with digestion fine,  
 Pleasauntlie concocting, fleshe and rogne,  
 Excremetes aboundant, with anger short,  
 Laughing very much and finding sport,  
 Wyne grose, with couler read:

The description  
 of the sanguine  
 persons.

Pleasant folkes at bozd and bead.  
 Where cold & moistur preuaileth much  
 Pleumatike folkes be alway suche,  
 Facnes, softnes here plaine and ryght,  
 Narrowe vaines and collar whyt.  
 Dull of wpt, no hart to bold,  
 Pules very slowe, digestion cold.  
 Sleeping ouer much, wyne grose & pale,  
 Spittell whit & thick, thus endes the tale.

The description  
 of the pleumatic  
 persons.

Collar is hoot, and drie as fyre,  
 Lens of limmes and puffed with pre.  
 Costiffe belles, with litte slepe,  
 Dreames of fier, or woundes depe.  
 Sallowe coulered, or tawnye read,  
 Feding on salt meates, & crustes of bread,  
 Wyce sharpe, and quickenes of wit,  
 Wyne yellowe and saltnes of spit.  
 Pules swyft, and very strong,  
 Cruell countenance, not anger long.

The description  
 of the coleric  
 persons.

## The Gouvernement

The di-  
scription  
of Melā-  
colp.

Melancolp is cold, and very drye.  
As here in ryme his signes will tpe,  
Heare playne, and verap thyn,  
A leane wretche, with hardnes of skyn.  
Coller whittlie, oz like to leade,  
Muche watthe, and dreames of dreade,  
And stit in folp the fantastic,  
Disgestion slowe, and long angrie.  
Feareful of minde, with warric spitle,  
Seldome laughing, and puls litle.  
Dryne waterie, and very thyn,  
The colde earth, to hym is kyn.

John.

This is a good song, and I wil learne  
it, for though it seme not verpe plea-  
sant, yet I perceiue it is profitabile. Now  
thou hast spoken of the singes of the. iiii.  
complexions, I pray the teache me short-  
lie, howe to knowe the elementes.

Humfrey.

They be y foure beginners bre-  
mingled and vntempoze, fro  
whose mixtures euerye corpozall  
thyng hath his substaunce.

John.

What be y partes? I pray the tel me  
Hum

Hippo-  
crates de  
Element.  
Auic. in  
cautea.



## ¶ Humfrey.

**F**oure, the one is earth the he-  
 uiest matter & grossest, whiche  
 is colde and drie, and melancoly.  
 And the other is water, whiche  
 is lighter & moſte ſubtil then the  
 earth, & of nature is colde, moiſt,  
 and flegmatike. Then is ayre  
 moze purer and lighter then wa-  
 ter, and if it bee not altered with  
 any other ſtraunge cauſe, it is  
 hote and moiſte and ſanguen:  
 Then fyre is moſte lyghte, pure  
 and cleare, a clarifier and a clen-  
 ſer of all the other elemētes, whe  
 they are corrupted, and is of his  
 owne nature hoot, drie, and col-  
 lericke. And of theſe foure Ele-  
 mentes, both man, beaſte, fyſhe,  
 foule, herbe, ſtone, mettall, haue  
 their propre woꝝkyng, not of one  
 of the Elementes alone, but of al:  
 ſome moze and ſome leſſe, accor-

The de-  
 ſcription  
 of the.iiii.  
 Elements.

Galen. in  
 li. 8. de cr.

dying to their natures.

Hippo-  
crates in  
lib. de na.

Hippocrates saith: after the soule is gone from the bodie, the body doeth returne to the first matter wherof it was made: And to conclude, all thinges that be made vpon earth, shal returne vnto the earth againe in tyme.

**John.**

Why might not men, beastes, fyshes, or soule, herbe, or tree, be of one element as well as of foure? I praye you tell me.

**Humfrey.**

No, for Aristotel sayth: Deus et natura nihil agunt frustra. God & nature hath doone nothinge in vaine. And if any thing vpon the earth sencible were of one element: no sicknesse coulde hurte it, nor disease corrupt it, but euery thing liuing vppon the earth, seing it hath had beginninge, it

natures  
com-  
mended  
to be  
in one.

must

must nedes haue ending, to whō these foure complexiōs doeth belonge, if they do greatly abounde or disminiſh, or withdraue their vertues with quantities or qualities.

**John.**

**M**ay a man see anye of the Elementes.

**Humfrey.**

**T**he thing whiche men do see, be none of þe foure Elementes: not earth, but earthie, not water but waterie, not ayre, but airie, not fire, but fire. But the things whiche man do fele, be the foure Elementes, as earth, aire, fier, & water. And these be þe vttermoſt simples of complexions, diuerſly & ſpecially, alone of theim ſelues, or mingled with other, takinge ſundrie and diuers effectes, manners, condicions, formes & quantities,

D. iij.

lities,



## The Gouvernement

lities, both in man and beast, and every living thing, sensible and insensible.

**John.**

**W**hat is the cōpletions of the foure quarters of the ycare, and names of the signes?

**Humphrey.**

**T**he spryng time when blood doth increase: Sommer when read coler docth reuele: Heruest when coler aduste, or melancoly doth reigne. Wynter when flume doth abounde in full strength. It is called wynter from the .xii. day of December, vnto the tenth day of Marche. This season is colde & moiste, it is called spring time, frō the .xii. day of Marche, and endeth about the .xii. day of June. Sōmer beginneth about the .xii. day of June, and endeth about the .xii. day of Septēber.

**Autum-**

Hippocr.  
in lib. de  
Natura  
humana.  
Wynter.  
Spryng.  
Sommer  
Haruest.

Autumne or Heruest, beginneth about the. xiii. daie of September, and endeth about the. xi. daie of December. Capricornus, Aquarius, and Pisces, be winter signes. Aries, Taurus, and Gemini, be signes for the springe.

Cancer, Leo, and virgo, beo the signes for Sommer. Libra, Scorpio, and Sagitari, be the signes for Haruest. And y sunne goeth through all these. xii. signes in xii. monethes. And the Moone goeth. xii. times through eche of the forsayde signes ones in the yeare, and do take sondry effectes in man, beates, and frutes, in the sayd signes: hote or cold, moist or drye.

**C**John.

**V**What bee the completions of medicines?

**C**Humfrey.

D. iiii.

Those

Auic. in  
pri. can.

Meates  
and medi-  
cine bee  
knownen  
by tasting

**T**hose thynges that ouercom-  
meth and gouerne the bodye,  
as purgacions, expulciues. &c.

These be called medicines, and  
those thinges that nozyseth and  
augmenteth the bodye, be called  
meates. For the complexions of  
meates & medicines, be knowen  
by their tastes, as coldnes, hoot-  
nes, moistnes, Drynes, bitter-  
nes, saltnes, sweetenes, fatnes,  
sharpenes, stiptick, and clammy.  
And because thy requeste is, to  
haue prescribed vnto thee, but on-  
ly a litle gouernement of health:  
I wyll showe vnto thee another  
of my litle songs in plain metre,  
howe thou shalt knowe meates  
and medicines, by their tastes,

**John.**

**T**hat is my chiefe desire, I wyll  
beare thee, saye on.

**Hum-**



**Humfrey.**

**C**olde quencherh the collers pride,  
 Moist humecteth, & whiche is dried,  
 The flowing moister, be proffe I trie,  
 Is wasted of humors, hote and drie,  
 The subtil fode, that is persing quicke,  
 The clammy meates, maketh it thicke,  
 Bitter thinges, clense and wppith ofte,  
 Blind erpel flem, and maketh softe.  
 Salt drieth, and resolueth flemme tough,  
 Fat nourisheth, and make subtil inough.  
 Striptick or rough taste on the tonge,  
 Bindeth and cōsouteth appetite long.  
 Swete thinges in clensing, is very good  
 It desolueth much, & nourisheth blod.  
 These thinges wel used, nature wil please  
 But abusing thē beastly, br̄geth disease.

**John.**

**I**f good faithe, me thinke thou sayest  
 wel, for there apere perfite reasons in  
 these thy pretie rules. Nowe thou hast  
 declared vnto mee, the signes of com-  
 plexions of men: with the waye and  
 apte knowledge of meates by theyr  
 tastes, I would fayne learne, shourtelye  
 the temperamentis and complexions of  
 mankynde.

**Cold.**  
**Moiste.**  
**Salte.**

**Hum-**

**Humfrey.**

**T**here was neuer no discrete,  
noꝝ wyse phisiciõ, that either  
feared God oꝝ pitied mankynde,  
oꝝ loued his own honestie: wold  
take in hande either to prescribe  
diet, oꝝ to minister medicine to  
any body, befoze he well did con-  
sider, and wysely weye with him  
selfe, the tempꝛament, mixture oꝝ  
complexion of mankinde. Fyꝛste  
whether he were hoot oꝝ colde,  
moist oꝝ drie, fat oꝝ leane, oꝝ in-  
different betwene them bothe.

Tempoꝛed by health, oꝝ distem-  
poꝛed by sickenesse, as the extre-  
mities of hootnes, coldnes, moi-  
stnes, and drienes. Therefore

John, these thinges may not bee  
toꝝgottē, you must note also the  
foure ages of mankinde, & fyꝛst  
the tender state of childꝛē, which  
beginneth at the birth, and so co-

tinueth

Auic. in  
pri. tract.  
cantic.

Gal. lib. 1.

cap. 2. li. 2.

cap. 3. li. 4

cap. vlti.

Sim. med.

continueth vntill fiftene yeares next  
 after their said byrth: Their tem-  
 pramentes or complexions, bee  
 hoote and moiste, very like vnto  
 the seede wherof they be procrea-  
 ted, then next vnto childhode or  
 innocent age. Youth which is the  
 seconde part of life, beginneth to  
 reigne, his temperament or com-  
 plexion hath rather more fyrie  
 heate, then perfite naturall heat,  
 and this second age, continueth  
 for tenne yeares, as Galen saith: Gal. lib. 5.  
 Well, in this two firste states of Aphor.  
 life, let al natural fathers & mo- comen. 9.  
 thers bring vp their youth, sette  
 GOD before their eyes, for they  
 haue no small charge committed  
 vnto them, that muste geue ac-  
 compte to God, howe they haue  
 brought vp their children: & they  
 that in these yeares do spare cor-  
 rection, truly be greuous ene-  
 mies

An earnest  
 brief ex-  
 hortacion  
 for y<sup>e</sup> bring-  
 yng vp  
 of youth.



mies vnto their children, and at  
 laste shalbe recompensed with  
 shame, when they shall se misfor-  
 tune and wretchednes, fall vpon  
 the frutes of their owne seedes.  
 For me haue smal profit of their  
 corne, whiche bee choked & ouer-  
 come with thistels, byeres, and  
 brakes, whiche were not weeded  
 in time, muche lesse of their chil-  
 dzen, whiche haue receaued ney-  
 ther correction nor honest lear-  
 nyng in due season. If y kepers  
 of gardeins be careful ouer their  
 late sowē sedes, & tender herbes  
 whiche are in daunger to bee de-  
 stroied of euerye froste: What  
 shoulde good fathers & mothers  
 do for their children, whose ten-  
 der and youthfull yeares bee car-  
 ried away, & ouercomed of euery  
 foolish fantasie, and it is no me-  
 uayle. But this shall suffice for

th

the wyse, and smally profite the  
fooles, but to my matter whiche  
I toke in hande, I will retorne  
vnto the thirde age of mankynd,  
which is called the lusty state of  
lyfe, and beginneth at. xxb. yeres  
and continueth vnto, xxxv. This  
age is hote and drie, and verye  
collericke, as Galene saieth: This  
parte of life is subiect, to manye  
burnyng and extreme feuers, &  
hote vlcers: therfore it is neces-  
sary to knowe this temprament  
or cōplexion, which is called col-  
lericke, as plainely may appeare  
by age, strength, diet, vrine. &c.  
This is the beste tyme for man-  
kynde to trauell in, with godlye  
exercise in science, arte, and pro-  
fitable trauelles in his vocatiō,  
puttinge in practyse, the vertues  
whiche he hath learned in youth,  
for this is the sommer parte of  
lyfe,

Galen. in  
lib. Simp.

The beste  
tyme to  
prouide  
for age.

life, wherin all goodlye frutes do  
flourishe in euery good occupaciō  
This is the very heruest, to ga  
the pzeious corne, and frute o  
their labours againste the cold  
stormes & cloudie daies of thei  
aged wynter, wherein the bodie  
shalbe weake, and the eies sygh  
Decaye, and the handes trimble  
and therfore it is not comelye to  
see the state of age, without rest  
whiche in the tyme of youth, do  
honestly trauell. For there is  
grace geuen to many creatures  
vnrasonable, bothe beastes and  
foules, to make prouision be  
fore hande, what is then to be re  
quired of men reasonable, as fo  
loweth in these verses.

The bird in tyme her nest can make,  
The bee will buyld his house ful fine  
The Crane with stone in sote wil walke,  
The Cony will carue vnder the myne,  
The



The Squirrel in trees her nuts can kepe,  
 Against colde winter to feede and slepe,  
 And should not man well foresee,  
 In youth to know his old degree.

**T**hen from .xxxv. or few yeres  
 folowing, the lusty braunches  
 of youth, begin to abate his plea-  
 saunt leues, flowers and fruite  
 by litle & litle will decaye, rawe  
 humers, crampes, dropsies, qua-  
 terns, melancoly, will then drawe  
 nere. The riots, surfittes, soze la-  
 bours, bearing of extreme bur-  
 dens, wrestlings, actes vnerus  
 with the abuse of youth, wil then  
 spring forth, to the detriment of  
 age and sodaine decaye of lyfe, in  
 especiall of drunkardes.

**John.**

**W**hat be the places of blond, Col-  
 ler, Flume, and Melancoly: natu-  
 rall or unnaturall. Thou haste not  
 made a particuler distinction of their  
 proper

proper places, but generally thou hast  
spoken well in thy songe.

**H**umfrey.

**T**here are also other descriptions of the foure humors,  
very necessary to be knowen, and  
their places where as they dwell  
within the body, & first of blood,  
as Galen saith: in his first booke  
of effected places, bloude (saith  
he) that is in the pulsis, doeth  
greatly differ from the bloude of  
the veynes, for the bloude of the  
pulsis is thinner, yeallowe and  
hotter, and this blood, maye bee  
called the gouernour of life. The  
spring & fountayne of the blood  
generall is in the lyuer, whiche  
serueth euery vayne of bloude, &  
this blood in culler is very read.  
Fleome is whyte, and is inge-  
nerated in the stomake, and at length  
by the vertue of naturall heate,

iii.  
nurs  
al &  
the  
e di-  
d.

pur

pure fleaine is turned into blood. There be also watry, slimy glassy, grosse, salte, sower, thicke, harde, binding, and extreme cold fleaines, whiche in dede be vnnaturall, that bee engendred thorough surphets, coldnes or idelnes, bringing to the bodie many noisome diseases. There is also coller, whiche is yellowe, whose place in the body is y gall, which cometh of the clensing or purifying of blood: and this coller is cleare, hote and drie, and the conforter of decoction. Grene coller, or coller myngled with fleaine, be vnnaturall, melancoly naturall, in the spleene is nothing but the sex degrees, or heauie residues of the blood, the naturall melancoly is knowen by his blacknes, the vnnatural cometh of the burning of coller, and is lighter



a hotter, browner of colour, sober  
of taste, and putteth the bodie in  
great daunger: as madnes, blacke  
gaunders, continual feuers, and  
sodaine deadly diseases. There-  
fore my frende John, remember  
this short discription of humors,  
as the wordes of Galen & Auicen,  
saye.

Auicen.  
in li. can.

John.

Thus I haue heard thy seuerall pla-  
cinge of the foure complexionis of  
blood, Choler, Fleume, and Melanco-  
ly, and is there any distincte bootnes,  
coldnes, moistnes, and dryenes, in any  
other creature besides man: tel me.

Humfrey.

Not onely in manne, but in  
beastes, fythe, foule, serpents,  
trees, herbes, mettels. And eue-  
ry thyng sensible and insensible,  
according to their natures, & be-  
equally myngled or tempered to-  
gether, whiche is called meane tem-  
peraunce, or els excedeth in de-  
grees

grees, whiche is called intempe-  
 raunce, hote and moiste, may be  
 compounded together, so maye  
 colde and drie, hote and drie, cold  
 and moiste, example. A cholerick  
 man, hote & drie: a fleumaticke  
 man, cold & moist. &c. Of herbes,  
 as hysope and rewe, hote and dry,  
 purslen and coucumbes, cold &  
 moist. &c. But temperaments or  
 complexions of men, beastes, and  
 trees, be some hotter, some colder,  
 according to their natures. As a  
 lion is hotter then a cholericke  
 man: pepper is hotter the cloues.  
 And though there bee degrees in  
 more hotnes or more coldnes, yet  
 they are called but hote or colde,  
 as men after labour or trauell,  
 they will saye they are hote, but  
 the fier which people warme the  
 at, is hotter. Also there be things  
 repugnaunt to temperaments,

Galen, in  
 lib. 4. de  
 tempor.

as moiste and drie together,  
heate and coldnes together, as  
fier to bee colde, or the water of  
his own nature to be hote, which  
water peraccidence of the fier is  
made hote: and fier quenched by  
the water. And euery thyng ex-  
ceeding greatly with distempe-  
raunce or wanting temperaunce  
or complexion, do eftsones come  
to an end, as men by extreme sic-  
kenesses, surphets or woundes,  
or finally age, lackinge naturall  
uertue. Of heate and moistnes of  
trees and herbes, from whome  
iuce and sappe is withdrauen,  
these thynges of necessitie muste  
nedes die, and come to corrup-  
tion, as Galen and Aristotel sayeth.

Galen. in  
lib. 4. de  
tempor.  
Arist. de  
Gene.

**¶ John.**

**V**Whether be men or women of col-  
der complexion?

**¶ Humfrey.**

**Auicen**



**A**Vicen saith: like as menne be Auicen.  
hote & drie, so be women colde  
and moiste.

**John.**

**Y**ea but Lucian saith: they be pere-  
lous hote of their tongues and ful of  
venim: though I am no phisicion, yet  
can I make a discription of that mem-  
ber, for I am oftentimes stinged with  
it, I would to God they had been we-  
med when they were yong, but when  
they are olde, they are past all cure, but  
the best medicine y I haue, is a gentie  
herbe called relwe, whiche I am neuer  
without great store.

Whether  
this be  
true let y  
marped  
iudge.

**Humfrey.**

**M**ankinde was borne naked  
to this ende, that he mighte  
clothe him selfe with other crea-  
tures: whiche he brought not in  
to this world with him, as cloth,  
lether, harnes made of iron, for  
his defence, because he is y chief  
creature. But horses of nature  
haue

euery thig  
bringyng  
his aparel  
with him  
sauig mā.

**E. iij.**

haue

Muscles  
and glan-  
dens flesh

haue harde bones, lyons sharpe  
teeth, purpintys sharpe prickes  
whiche is their cōtinual and na-  
tural armour, as things euer pre-  
pared to debate & strife &, by no  
art can scant be tamed. The Rose  
as pleasauntly as she doeth ap-  
peare, and as sweetely as she doth  
smel, spring not further without  
a great nōber of sharpe prickes.  
Therfoze it is tollerable for men  
to beare with them whome na-  
ture hath sealed and marked for  
his owne. With that humoz most  
chollerick, disgresse from this thy  
communication, and let vs talke  
of thinges more profitable, for in  
deade this is pleasaunt to no mā.

John.

Seing thou wilt not discrbe me thys  
particuler members, of whiche we  
haue spokē, I would be glad to knowe  
the partes of mankinde, with a shorte  
discription of his members.

Hum

## Humphrey.

**M**embers be simple and also  
 compounde, the simples bee  
 tenne in number, the cartilages,  
 the gristels, the bones, veynes, &  
 synewes, arteries, pannicles, ly-  
 gamentes, cordes, and the skyn.

Members compounded, be those  
 that be ioyned and builded toge-  
 ther of simple members as the  
 handes, face, fete, lyuer, & harte,  
 and so compounded members,  
 be made of simple. Some of the  
 compounded members be called  
 principalles: as the harte from  
 whence the arteries springes,  
 the brain, fro whence the sinewes  
 springes, the liuer whiche is the  
 well of the bloud, from whence  
 the veynes do spring, & the stones  
 of generacion from whence the  
 seede of lyfe dooe spring: but those  
 compounded members that bee

A diffin-  
 cion of  
 members



Muscles  
and glan-  
dens flesh

principall. Be all the other mem-  
bers except the simple as y nose,  
the eares, the eies, the face, the  
necke, the armes and legges, &  
the braynes and chief substance  
of our fleshe, be compounded me-  
bers of sinowes, & couered with  
panackles, whiche be of a synu-  
nature, but that sinewes geue fe-  
lyng to all the whole body: euen  
as the artiers geueth spirituall  
bloud fro the heart to euery me-  
ber. The whole body is couered  
with filmes and skynnes. Out  
the head springeth harde matter  
issuing from the places called y  
pores, to pource vapors & smoke  
from the braine, which ascēdeth  
out of the stomake into the head,  
and is clenſed through Pia mater,  
called the tender coueringe of the  
brayne oz spirites animall. And  
therfore as som partes of y body  
beyng

being deuided in sonder, be eche  
 like vnto the other, and yet called  
 by the name of the whole, as for  
 example. When the bones be bro-  
 ken in sonder, or the fleshe cut in  
 to diuers peces, or y<sup>e</sup> bloude pou-  
 red into sondrie vessels. A peece  
 of fleshe is styll called fleshe, a  
 fragmente of a bone, is called a  
 bone, and a drop of bloud is cal-  
 led bloud: Euen so an hāde, arme  
 veyne, or suche lyke vnseparate  
 partes being deuided into peces  
 or called by the name of peces, &  
 not by the name of y<sup>e</sup> whole parte  
 (as is befoze.) But my frende  
 Iohn, to make a large discriptio  
 of Anatomie, it were to longe for  
 me, but shortly I will saye some  
 thing. And first of the definition  
 therof is, whā the body of a dead  
 man or woman, is cut & opened  
 & the mēbers deuided, or for the  
 want

A parte is  
 called by  
 the name  
 of y<sup>e</sup> whol  
 and not y<sup>e</sup>  
 whole by  
 the part.

What an  
nothomie  
is.

Four  
things  
considered  
in the bo-  
dy of mā.

Example.

waſt of dead bodies to reade good  
bokes as Galen, Auicen. &c. And it  
behoueth the that cutteth a dead  
corps, to note foure things. First  
the nutrimentall members, as  
the liuer with the vaines: the se-  
conde is, the members spiritual,  
as the harte with y artiries, the  
thirde is the animall members,  
as the head, braines, & sinewes.  
The fourth & last, be excremētes  
of the bodye, as armes, legges,  
skyn, heere. &c. Of these sayd me-  
bers, with the boones, is all the  
body compounded. And like as  
euery tree and herbe, haue their  
rootes in the earth, & their braū-  
ches springeth vpwarde, euen so  
the rootes of mankind, haue the  
beginning in the brayne, and the  
senewe and braunches groweth  
downward: in the which braine,  
dwelleth the vertues of imagina-  
tion,



tion, fantasie, memory. &c. And these animall vertues, be placed as it were heauenly aboue al the members, communicating their heauenly influences, downe vnto the hart, as to a prince, or chiefe reuler within the bodye, whiche geueth lyfe to euery part therof. Thou shalt consider, that the hart was the first y<sup>e</sup> receiued life from the spirites, and shalbe the last y<sup>e</sup> shall die. Note also, that as there be noble senses geue to the body, as seying, hearing, smellynge tastinge, feling: euē so nature hath foure principall vertues. First Attractive, the second Retētiue, the thirde Disgestiue, the fourth Expulsiue. Attractive is that by the whiche euery part of the body draweth the fode of life, and serueth the vertue disgestiue, and y<sup>e</sup> Retentive dooe holde the meate untill

vntill it be ready to be altered &  
 chaunged. Digestiue do alter, &  
 maketh the foode like vnto the  
 thing y it nourisheth, as flume,  
 bloud, &c. Expulsiue do separate  
 them from the other, the good fro  
 y bad. Thou oughtest also moste  
 chiefly to learne the knowledg  
 of the vaynes, and for what sick-  
 ne se, they muste bee opened, and  
 what medicines, either in sirops  
 or pilles thou must vse. And first  
 marke this figure of the Anato-  
 mie here presēt before thee, with  
 the heauenly signes, because  
 I haue not painted at large  
 the seuerall partes  
 of the sayde  
 Anato-  
 mie.



The middle bayne of the fore-  
head is good to be opened a-  
gainst Megrum, forgetfulness,  
and passions of the head. And  
they



they that be leaten blond of this,  
or any other bayne, muste firste  
haue their head purged with pil-  
lule Chochi Rasis, or some purga-  
tion, but first vse thinges to exte-  
nuate matter, as syzruppe of Bu-  
glosse. &c.

Against Leprosy & deafnes.  
Let bloud the two baines behind  
the eartes, and vse the sayde pil-  
les or els pillule Aurea Nicholai or  
Arabice, or confectio Hameth mi-  
nor.

Against replexion or to much  
bloude, or bloude in the eies, flo-  
wyng in the head, open the tem-  
ple baines called Artiers, for they  
bee euer beatyng. And vse too  
pouge with pillule Artritice, Ni-  
cholai or puluis ad epithema Hepatis.

Against Squinace, stopping  
the throte, and stoppyng of the  
bzeath: Let bloud the baynes be-  
hind

is, per the tounge. And for this vse  
 ste Philonium mai<sup>9</sup> Necholai. & Gargarifines,  
 pillule Bechie, and oximel Simplex.

Vaines called Originales,  
 open not without great counsaile  
 of a learned Physicion, or cunning  
 Chirurgiō. They be in the  
 necke, and haue a great course of  
 bloud, that governeth the head, &  
 the whole body.

Against short winde, and euyl  
 bloud, aproching to the hart, and  
 spitting bloude. Open the bayne  
 called Cordiaca, or harte bayne,  
 in the arme. Use thinges to ex-  
 tenuate, as Aromaticum, Chario-  
 phillatum Mesue, serapium ex Absino-  
 thii in colde tyme, serapium Boraginis  
 in hote tyme, and pillule stomochi.

Against palsy, yellowe Jaun-  
 dices, burning heats, & apostima-  
 tions of y<sup>e</sup> liuer. Opē y<sup>e</sup> liuer bain  
 vpon

bpon the right arme. Take Scorpium ex endruc. Diamargariton frigidu  
Auicenni.

Dropsy.

Against dropsy, open the vaine  
betwene the belly & the breauch,  
the right side against the sayde  
dropsy. And the left syde against  
the passions of the milke, but bee  
not rashe, onlesse ye haue the coun-  
saile of one wel seen in the An-  
nothomie. Use pillule Hieracum  
Agarico.

Helping  
the Emor-  
rhodes.

Against the stoppage the se-  
crete termes or fluxions of wo-  
men, or helpinge the Emorodes  
and purging fores. Open the  
vaine called Sophane vnder the  
ankle. Theriaca Andromachi. Pillule  
Mastichine, Petri de Ebano.

Theriaca  
is an ex-  
cellent tria-  
cle.

Within .xx. houres after one is  
infected w the pestilence coming  
sodenly. Open the vaine betwene  
the wrist of the foote, & the great  
toe.



to. Use Scapian Cichori, and Pil-  
lule pestilentialis Ruffi.

Against stinking breath. Ope  
the vaine betwene the lippe and  
the chin. Use for this Catharticum  
imperialie. Nicho. Alexandri.

Against the toothake. Open  
the vaine in the rofe of y<sup>e</sup> mouth.  
And first purge with pillule Cho-  
ci Rasis, or with pilles of Mastike.

Against quartens, tercions, &  
paines of the leftside. Open the  
splene vaine, commonly called y<sup>e</sup>  
lowe vaine, with a wide cutte, &  
not depe: For Chirurgiōs wisely  
pricking or opening bayns, with  
litle Scarifications, doth let out  
good pure bloud, and still retain,  
grosse, cold, and drie earthly mat-  
ter, to the great hurt of their pa-  
cientes. And albeit, many more  
vaines might heare be spokē of,  
and their vtilities, yet this shall

Use to  
eate Ca-  
pers, and  
take Pil-  
lule Inde  
Haly or  
pillule de  
lapide  
Lazule.

well suffice by Gods grace to  
kepe al people in health, that vpon  
iuste cause, haue these vaines o-  
pened. Except olde men, women  
with childe, and children vnder  
xiiii. yeares of age, or men after  
diuers agues. For blond letting,  
will then engendre perillous pal-  
lies, as very excellent phisicians  
haue well declared. And after  
one be infected with the pestilence  
xxiii. houres, before he haue re-  
ceiued medicine, or blod letting,  
miracle helpeth him, but truely  
no medicine haue vertue to do it.

**John.**

This same figure although it ap-  
peareth in many booke, yet very few  
do vnderstand it in al pointes, such be  
the secret workes of nature. And where  
as thou hast wel spoke of some vaines,  
and apte medicins for the body: I woulde  
fayne se the trewe forme and shape of  
the bones.

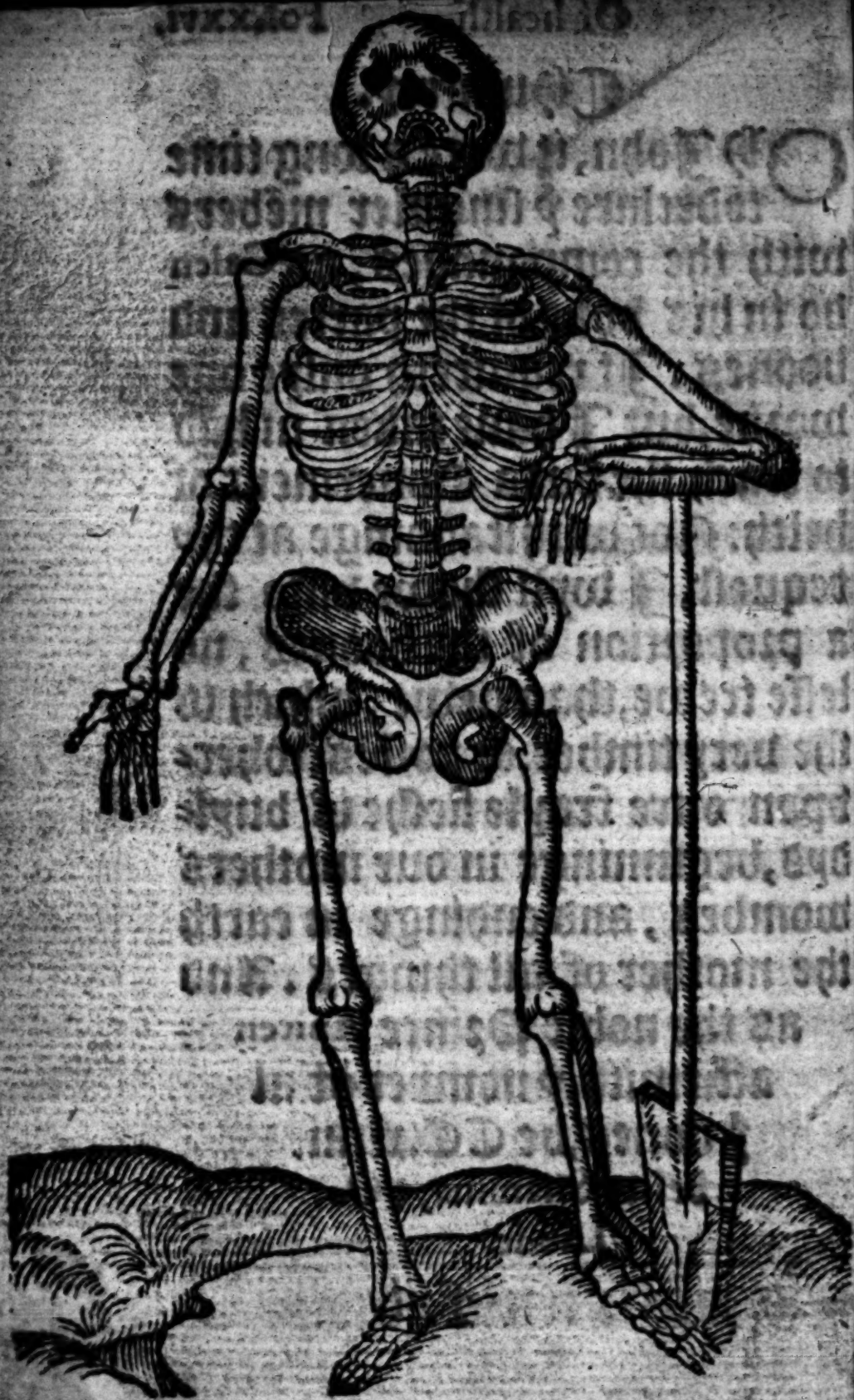
Humphrey.

Miracle  
helpeth,  
but no  
medicin  
in this  
case.

## Thumfrey.

**O** John, it were a long time  
 to declare y<sup>e</sup> singuler mebers  
 with the compoundes, as Galen  
 do in his booke of the partes and  
 boones. It requireth onlpe one  
 worke, but I haue taken in hād  
 to teach the but a Gouerment of  
 helth: Not withstandinge at thy  
 request, I wyll shewe vnto the  
 a ppozition of the boones, no  
 lesse trewe, than newe, which is  
 the very timber, or postes, wher  
 vpon oure frayle fleshe is buyl  
 dyd, beginninge in our mothers  
 wombes, and endinge in earth  
 the mother of all thinges. And  
 as the noble Prince Auicen  
 affirmith, y<sup>e</sup> nomber of al  
 y<sup>e</sup> bones, be CC. xliiii.  
 beside Sisamina, & Os  
 Laude.





**John.**

Thou haste spoken of the opening of  
vaines, and medicines conuenient  
to cleanse the bloude, with the figure of  
boones, but thou hast not spoken of co-  
nvenient tyme when to let bloude, nor  
of the state or adge of the whose vaines  
should be opened. Therefore I wold be  
glad to learne not onely time of bloode  
lettinge, but also, of purging the belly  
vomites, bathinges: nelinges, and rub-  
binge of the bodie, &c.

**Humfrey.**

Every thinge hathe his tyme  
conueniente & must be donne  
with sobber discrecion, and not  
with rashe ignorācie, which kil-  
lethe an infinit nōber. Therefore  
the cause muste be knowne and  
the time obserued, as Galen writ-  
teth in the cōmentary of the Affo-  
rismes, of Hippocrates, many bodie  
be extinguisht by sodeyn death  
in whome is extreme fulnes, or

Time for  
althinges

Hipp. in  
Affor. 3.

f.iii.

aboun-

Aristo. in  
pri. prob.  
56.

Auice. in  
3. pri. doc.  
2. Cap. 6.

not omis  
significat

Gallen. in  
lib. de flo  
botho  
mia.

aboundance. For aboundance of  
bloode or any other humer sayth  
Aristotle, is the cause of manye  
sickenessis, and those menne that  
bleeth muche glottontie in winter  
shalbe apte to receaue manye di-  
seases in the spring time. Ther-  
fore when the body haue extreme  
heate, fulnes of vaines, flushing  
with sodaine redenes in the face,  
grose and rede bryue, and suche  
burninge heat in the nighte that  
lette the slepe. &c: then it is time  
to euacuate the bodie, with some  
purgation, bloude letting, or ab-  
stinence as the strength & adge  
of the patiente will serue. For  
many diseases, be helped by dis-  
crete bloude lettinge, as Pluricet,  
hoothe feuers. frenyces, reple-  
tion, or surphytes taken w<sup>o</sup> ouer-  
much eatyng or drynkinge, as  
Gallen sayth. The letting of blode  
dryeth



dyethe vyppē the superfluous  
moister of the belly, helpeth me-  
morve, purgeth the bladder quie-  
teth the braine, warmeth the ma-  
rie, openeth the orgas of hering,  
helpeth digestiō inducith slepe,  
¶c. Vnto this agreeth Rasi, saying  
it helpeth greatly against lepro-  
sies squinancis. Appoplexis, pesti-  
lencis. ¶c. But old men, children  
or women with childe, ought not  
to be lette bloode, nor also those  
people that dwell in colde regi-  
ons maye not be lette bloude,  
because the bloode is the chiefe  
warmer of nature: y people that  
dwel in hote regions, if they be  
letten bloude, it wyll dye there  
bodies, for bloode is the chiefe  
moister of nature. Therfore, is y  
heate of somer, and the coldnes  
of winter, forbiddē to opē vains,  
or let bloud, except for a stripe, or

Rasi. in  
alman.  
cap. 14.

f. iiii.

sodaen

Rasi in 4. sodain chaunce, as Rasis sayth the  
alimē. Ca. spring of y<sup>e</sup> pere is y<sup>e</sup> chief tyme to  
14.

the middle  
payne.

let blood in y<sup>e</sup> right arme, or right  
fote, in the payne called Mediana  
Which payne must be opened as  
well at other times in the begin-  
ning of sickneses, as hote fevers,  
& pleurices, &c. As basilica shold  
be opened in y<sup>e</sup> middle or towards  
thende of a sicknes. Purgations  
ought to be ministred with great  
discrecion, and not rashely to be  
taken, for euerye trifle as thou  
hast hard me speake of blood let-  
tinge. So obserue the selfe same  
rules in purgation, as time, per-  
son, qualitie, or quantitie. For Hip-  
pocrates sayth, withoute doubt it  
is nedefull to purge the super-  
fluitie of y<sup>e</sup> bodie. As if blood do  
abounde to take thinges to purge  
blood. If fleame be superfluous,  
then take thinges to cense the

Hip. in. 3.  
ori. doct.  
cap.

1135501

1111. 2

super-

superfluitie. If collic be to ardent  
 hote, vse thinges to extinguishe,  
 If melancoly be to extreme then  
 taste thinges to bringe him into  
 a meane. And not to purge one  
 humer with the medicins of an  
 other, but to take them in due  
 order and aptenes. For the sayde  
 humers as Valarius cordus, Mesue,  
 and Nicholas, teacheth the maner  
 of making of the moste excellent  
 purgations with ther quantites.  
 And as in bloode lettinge slepe  
 muste be auoyded for viii. or xii.  
 houres after them: so when your  
 purgations be taken, ayre is to  
 be auoyded and to be kepte close  
 for ii. or iii. dayes or more, as the  
 malice of the disease, or power of  
 the purgations be, and the coun-  
 sell of Rasis muste be followed.  
 Whiche sayth oftentimes to take  
 purgations or laxative medicins  
 Dothe

✓  
 Asurpa-  
 tion in me-  
 dicin be  
 euill.

In the  
 morning  
 is beste to  
 let blood,  
 euell to-  
 ward  
 night. ✓

Rasi in 4.  
 alman. ca.  
 15.



doth make the bodie weake, and  
 apt to the feuer ethicke, and spe-  
 cialye in verie leane or weake  
 persons they y be very fat haue  
 final gutes and baynes, purga-  
 tiōs be verie noysome vnto the  
 But strong bodies hauing large  
 vesselles, maye susteine purga-  
 tiōs without any hurt, but strōg  
 purgations, either in pilles or  
 potiōs, if thei any thing do exceede  
 be very hurtful: therfore, y doces  
 or quantities, may not erreade.  
 And also they must bee made as  
 pleasaunt as arte can dooe them,  
 onles they offende the stomake.  
 Hippocrates geueth counsaile that  
 men should not mingle medicins  
 with meate, but to take them three  
 or foure houres before meate,  
 or els so long after. Onles they  
 be pilles called Antecibum, which  
 may be taken at the beginning of  
 supper.

Hecates  
 a medi-  
 cine greith  
 not re-  
 cepte pil-  
 les before  
 supper.

supper, or els Pilli chochi, a litle be-  
fore slepe, two houres after sup-  
per. The best tyme of purgaciōs  
is in the spring tyme, as the doc-  
ters doth affirme: the apt daies &  
signes are commonly knownen in  
the Englishe Almanackes, cal-  
culated into english. As in the  
writinges of maister Leonarde  
Digges, & of William Kenning-  
ham, a learned student bothe in  
Astronomy and Physicke, with  
many mo good men that taketh  
paines to profite & cōmon welth.  
There is an other maner of pur-  
ging of the body by vomit, for it  
closeneth from & midrise vpward,  
if they haue large brestes, and be  
collericke persones. It is good  
against dropfies and leprosie,  
& better in sommer thē in winter,  
as Hippocrates saith: and holsomer  
one houre before supper then at  
any

Tyme to  
purge.

Digges  
Kenning  
ham.

Vomites  
and there  
profites.

Hip. Sēt-  
in. 4. A-  
phorif.

Costome  
to vomit  
weake-  
neth the  
stomack.

**Auicē.**  
**in. 4. pri.**  
**cap. 13.**

Of ba-  
thes and  
their pro-  
perties.

any other time, and not to be vsed  
as a custome: for the custome of  
of vomittes hurteth greatly the  
head and eies, and make the sto-  
macke so feble, that it wil scant  
bere any meates or drinckes, but  
eststones caste them by agayne.  
They which haue narrow thro-  
tes and brestes, and long neckes,  
vomites be neither apt nor good  
for them. And Auicen sayeth: that  
vomites ought to be thowse in the  
moneth for the conseruation of  
health, but that whiche is more  
doth hurte the bodye. There is  
an other kinde of the clensing of  
the body by sweeteing, as with  
hoote drinckes, warme clothes,  
perfumes made of Olibanum, bala-  
stone, niter. &c. There is also  
bathes and sweeteing in hoote  
houses for the poches, scurffe,  
scabbies, hemerodes, piles, which  
hoote



boote houses hath the vertue of  
 helping the sayd diseases. But if  
 any that be of an whole tempe-  
 rat complexion do sweete in drie  
 boote houses, it doth them muche  
 harme: as hyndrynge their eie  
 sightes, decaying their tethe, hur-  
 ting memozy. The best bathing  
 is in a great vessel, or a litle close  
 place with the euapuration of di-  
 uers sweate herbes well sodden  
 in water, whiche haue vertue to  
 open the poores softly, letting out  
 feble and grosse vapors, whiche  
 lieth betwene the skinne and the  
 fleshe. This kinde of bathinge is  
 good in the time of Pestilence, or  
 feuer quartein: in the ende of the  
 bathes, it is good to anointe the  
 body with some swete oyle, to mo-  
 lifie and make soft the synewes.  
 And thus to conclude of bathing,  
 it is very holsome, so that it bee  
 not

The dis-  
 comoditie  
 of comon  
 hote hou-  
 ses.

To vse  
 synteme-  
 tes after  
 bathinge  
 is good.

To bathe  
vpon an  
empty sto-  
macke is  
perilous.

Of sneesing

Of suppo-  
sitors.

Of boring  
doth mu-  
che good  
to the bo-  
dye.

not doone vppon an empty sto-  
macke, palseis maye come there  
by, or to take sodaine colde after  
it, there foloweth an other pur-  
gacion, called nesing or sternuta-  
cion whiche is beneficiall for the  
bodie if it be vled vpon an empty  
stomacke. Twyse or thrise in a  
morning with a leafe of Bittony,  
put into thy nose, it helpeth me-  
mory, good againste opilation,  
stopping, & obstructions: Suspo-  
sitors be good for weake people  
or childre, made with Hieria Picra  
& hony, made in the length of a  
finger: Scarifying or boring, as  
Gallen saith: applied vnto the ex-  
treme partes, as the legges, and  
the armes, doth great helpe vnto  
the body, in drawing watery hu-  
mour away from the bodye, but  
boring is not good for the breste,  
applied thereto in hote feuers, is

daun-

hungerous. Blisters made according to arte, be good for them whiche be to weake to take purgations. The maner of the sayd blisters, because they be not here to be spoken of at large, I entend by Gods grace to set forth in my next boke of Helthful medicins. Purgacions venerus, there be so many practitioners thereof, that I neede to wyte no rules: but this, that effectiō, lust, & fantasie, haue banished chastitie, temperance, and honestie.

### John.

Laine people in the countrey, as carters, thershers, ditchers, colliers, & women, use seldome tymes to washe their hādes, as appereth by their filthy clothes, & as very few tymes combe their heads, as it is sene by flore, nettles, reese, fetters, strawe, and suche like, which hangeth in their beares. Whether is wasching or cōbing thinges to

decozate

I will speake more of blisters in my boke of healthful medicins

Many practitioners of artes venerus.



## The Gouvernement

decozate or garnishe the body, or els  
byng health to the same?

**C**humfrey.

Bestes &  
birdes,  
use fricti-  
ons and  
pruninge  
the selues

The pro-  
fit whiche  
cometh in  
washing,  
the hādes  
with cold  
water.

**T**hou seest that y<sup>e</sup> Deare, horse,  
or cowe, will vse friction or  
rubbing the selues against trees  
both for their ease and healthe.  
Birdes and haukes, after their  
bathing will prune & rouse them  
selues vpon their braūches and  
perkes, and al for healthe. What  
should man do, whiche is reason-  
nable but to kepe hym self cleane,  
& often to washe y<sup>e</sup> hādes, which  
is a thinge moſte comfortable to  
coole the heate of the liuer, if it be  
done often, the handes be also the  
instrumentes to the mowthe and  
eyes, with manye other thinges  
cōmōly to serue y<sup>e</sup> body. To wash  
the handes in cold water is very  
holſome for the stomake and ly-  
uer, but to wash with hote water  
engend

engendzeth rumes, woormes and  
 corruption, in the stomacke, be-  
 cause it pulleth awaye naturall  
 heate vnto the warmed place,  
 whiche is washed. Friction or  
 rubbing the bodye, is good to bee  
 done a morninges after the pur-  
 gation of the belly with warme  
 clothes, frō the head to the brest,  
 then to the belly, from the belly  
 to the thighes, legges, & so furth.  
 So that it be done downwarde,  
 it is good. And in drie folkes to  
 be rubbed with the oyle of camo-  
 myll. Coming of the headde is  
 good a morninges, and doth co-  
 forte memozie, it is euill at night  
 and open the pores. The cutting  
 of the heer, and the paring of the  
 nailes, cleane keeping of y<sup>e</sup> eares,  
 and t<sup>r</sup>a the, be not onely thynges  
 comely and honest, but also hol-  
 some rules of Physick: for to  
 be

hote wa-  
 ter is un-  
 holsome  
 to washe  
 hands in

Friction  
 is holsom  
 for the bo-  
 dy

Comynge  
 the head

Cuttinge  
 of heare &  
 paring of  
 nayles be  
 comly for  
 men

## The Gouvernement

be superfluous thinges of the  
crementes.

### John.

The chief thing that I had thought  
to haue demaunded, and the verie  
marke that I would haue the to shote  
at, is to tell me some thing of dietinge  
my self with meate & drinke, in health  
and sicknes.

### Humfrey.

A conside  
ration to  
be had in  
eatinge &  
drinking

There is to bee considered in  
eating and drinking, the time  
of hunget or custome, the place  
of eatynge and drynkinge, whe-  
it be colde or hote, also the tyme  
of the yeaie, whether it be Wynter  
or Sommer: Also the age or  
complexion of the eater, and whe-  
ther he be hoolle or sicke: also the  
thinges which be eaten, whether  
they be fishe or fleshe, frutes or  
herbes. Note also the cōplexions  
and tempzamentes of the sayde  
meates,



meates, hoothe or colde, drie or moist, and moſte chiefly, marke the quantitie & ſo furth. And like as lampes doth conſume the oyle, whiche is put vnto them, for the preſeruacio of the light, although it cannot continue for euer: ſo is the naturall heate which is with in vs preſerued by humiditie & moiſtneſſe of bloude and fleame, whoſe chiefe engenderer be good meates and drinckes. As Auicen ſaith de ethica. When naturall heat is quēched in y body, the of neceſſitie, the ſoule muſt departe from the body. For the worcke man can not worke when his inſtrumente is gone. So the ſpirites of life, can haue no exerciſe in the body when there is no natural heate to worke vpon. With out meate ſaith Galen: it is not poſſible for any mā to liue, either

It cauſe  
why the  
ſoule de-  
parteth  
from the  
body.

G. ii.

whole

whole or sicke, and thus to conclude, no vital thing liueth without refection and sustenance, whether it be animall reasonable, or animale sensible, without reason or any vital thing in sensible, both man, beast fische, and woorme, tree, or herbe. All these thinges be newtrified with the influence or substaunce of the foure Elementes or any of the.

**John.**

**W**ell Humfrey thou knowest well my coplerion & disorder of my diat, what remedy for me? that haue liued lyke a ryotter.

**Humfrey.**

**I** know it wel thou arte Regmatike, and therfore it is longe or thy meate is digested. When thou doste eat fysh and fleshe together, it dothe corrupte in thy stomack and stinke, even so doth harde

To cate  
both fische  
& fleashe  
together  
hurteh y  
stematike

harde chese and cold frutes. And  
 olde pondred meates, and rabor  
 herbes ingender euil humers, so  
 of diuersitie of qualitie, and qua-  
 titie of dyuers meates, dothe  
 bzinge muche payne to the sto-  
 mack, and doth engendze many  
 diseases, as thou maste rede in  
 the firste booke of Galen: iuuenētis Galen.  
 membrorum. c. iiii. And the Prince  
 hym selfe sayth in iii. pri. doc. ii. Ca. Hipocris  
 vii. Saing nothing is moze hurt tes.  
 ful then diuers meates to be ioy-  
 ned together. For whyle as the  
 laste is receauing, the first begin  
 to disgeste. And when the table  
 is garnished w diuers meates,  
 some rosted, some fried & baken,  
 some warme, some colde, some  
 fysh, some fleshe, with sundrye  
 frutes and sallates of dyuers  
 herbes to plesse thyn eye, remē-  
 ber with thy selfe that the sighte  
 G.iii. of



To fede  
of diuers  
sortes of  
meates  
corrup-  
teth the  
bodpe.

Eccl. 37.

A good  
diet pro-  
longeth  
lyfe.

of them all is better, then the feeding of them all. Consider wyth thy selfe thou arte a man and no beaste, therfore be tēparet in thy feeding and remember the wyse wordes of Salomō. Be not gredie sayth he in euery eating, and be not hastie vpon all meates. For excesse of meates, bringeth sickness, and glottonie cometh at the last into an vnmeasurable heat. Through surphite haue manye one perished, but he that diateth himselfe temperatly prolongeth his lyfe. Therfore grole fysh, lambes flesh, the in meates of beastes, rawe herbes, pygges Braynes, and all slimie meates, be euill for the: but late suppers is worst of all: But speciall ye if they be long, for it causeth paynful nightes to folowe. But Galen saythe in his booke De ethimia the meates

meates whyche be withoute all blame, be those whiche be betwene subtyll and grose. Good bread of clene wheate, fleshe of capons oz hēnes, phesantes and patriches, pigions, and turtill doues, black birdes, and small fielde birdes, roasted veale, oz boyled motton: These dooe engender good bloude sayth Galen. Note also that any other meate that thou doest eat at supper, al though it seme repugnant to a flegmatike stomack, if thou slepe well after it, and fele no payne, thou mayeste vse it as a meate necessary. And when thou canste not slepe wel, if the defaute come through meate, marke y meate oz drinke, althoughe it appere plesāt, refuse it as an enemy. And wheras thou hast vsed euil diete as a custome in abusinge time,

What  
kindes of  
meates  
dothe  
cause  
good  
bloud.

quantitie & qualitie, be litle, and  
 litle, bzing thy self into good or-  
 der & to time, bothe for thy brek-  
 fastes, dinner and supper. Pro-  
 vided alwaye to eate good thin-  
 ges, but not many thinges. For  
 like as repletiō or abouūdaūce of  
 meate is an enemy vnto the bo-  
 die, and the soule, and bringeth  
 sodayne death: even so is empti-  
 nes a shortner of time, a weker of  
 þe brayne, a hinderer of memo-  
 ry, an increaser of wind, collic, and  
 melancolye. And oftentimes to  
 manye, bringeth sodayne death  
 also excepte nature haue some  
 thing to worke vpon, as I did tel  
 the before: vse some light thinges  
 at breckfast of perfite digestion  
 within iiii. houres after that re-  
 ceaueth dinner, obseruinge the  
 good order of diete, drinke  
 wine or beere oftentymes, & litle  
 attong

✓  
 What  
 hurt com-  
 meth of  
 an empty  
 stomacke  
 when ye  
 go to bed

Sir is  
 the only  
 Enemy  
 of the  
 Soul.



affors, escheewing great draughtes  
 of drinke, whiche is vbled  
 amongst brastes, and mingle thy  
 meate with mirth, which is euer  
 the beste dishe, at the boorde, & be  
 thankfull to God. And so leue  
 to an appetite, passinge the time  
 wylle betwene dinner & supper,  
 with exercyse, laboure, studie or  
 pastime, vnto the ende of vi. houres  
 and then begin thy supper, pro-  
 uided that it be shorter then thy  
 dinner, eating thy meate be lytle  
 and litle: for gredye and sodayne  
 eatinge is hurtfull to nature, as  
 Galen saythe in his diatoxy,  
 Not also, that thou mayst eate  
 more meate in winter then in so-  
 mer, because thy naturall heate  
 is enclosed to thy bodie in win-  
 ter, but vniuersalie spredde in so-  
 mer. Also Collicke men maye  
 as lightly digeste biese, baken,  
 venison

An order  
 of dieting  
 very  
 good  
 in some  
 part.

Galen me-  
 trite.

The me-  
lancoly.

The san-  
guine.

benison, &c. With as much speade  
and litle hurte as the flegmatike  
mā may eate, rabbit, cheke & par-  
triche, &c. But the melancoly mā  
throughe the coldnes of the sto-  
macke haue not that strength in  
the stomacke as he haue pꝛopt-  
nes in wil, to eate things warm  
and moiste be good for him. The  
sanguine man is not so swyfte  
in this digestion, as the hote  
collerike man is. But notwith-  
stāding, he hath good digestion  
throughe the humiditie & warm-  
nes of bloud, and coueteth to eat  
swete thinges, whiche greatlye  
aginent y<sup>e</sup> bloud: therfore sharpe  
saucis made with vineger, on-  
nions, & barbaries be holesome.  
Durslen, sorrell, smal fishes that  
fedith vppon the stones in fayre  
running waters, cucumbers and  
pure frech wine partely delayed  
with

with water, be good for the saide  
anguine men: to kepe them fro  
much encrease of fleshe.

**John.**

Thou hast shewed vnto me, a verie  
discrete and wholsome order of diet  
particular to my selfe, and partly to o  
ther complexions: but what rule or pre  
cept of Gouernment is for sicke folkes:

*no not  
all to -  
gether.*

*we 27 June*

**Humfrey.**

*1795*

They that be sodeinlye vexed  
with sharpe sickneses, must  
haue thinne dietes, with water  
ruell, thyn mutton or chickens  
pottage without any fat or thick  
nes, violet leues, endiue leaues,  
and suche lyke cooling herbes, &  
let their Drinckes be made of Te  
antes, thus do to them that haue  
sharpe sickneses, occasio  
ned of choller. And also colde si  
rpes of endiue, violets, suger,  
water, and vineger, sodden toge  
ther

*An order  
for the die  
tinge of  
such as be  
sicke of  
sharpe fe  
uers.*



Of siropes  
and  
urpules

ther be very holosome. But if sicknesses be long of continuance, their diet must be the thicker, & their meates made the stronger, specially if their diseases be cold: with the fleshe of cockes, capons, temperate wyne, stewed brothe, with holson herbes, as buglos, burrage, basel, parcely, and fynle rootes, with some maces, daits, damaske prunes, rayfins of the sunne, and suche like. Siropes of Ilope and siterion, provided y they neither take meate nor medicine immediatly before or sone after their fittes. Possit ale with clarified herbes, excepted, whiche they maye take, for their comforte, accordinge to the estate of their disease, for such as be sicke, must haue meate, contrary to their complexion. For they that be cold, must haue hote meate.

meat, and medicines. And they that be drie, muste haue moiste thinges. But they that be hote must haue colde thinges, for the ardent heate of the fier is quenched with the moistnes of y water, & so the quātitie of one qualitie, ouerconimeth the qualitie of an other. And in deede, phisicke saith, the bodies that bee hote, must be fed with thinges lyke, as they that be moist, with moist thynges to p̄serue their moistnes. They that bee hote, with hote thynges to p̄serue their heate, and suche lyke. But when they dooe excede in heate, colde, moist or drie, then let the qualities of moistnes, be tēpered with dryenes, & the coldnes w̄ warmnes. For like as man deliteth in thinges of like, as the collericke man, collericke thinges, even so

As the cō  
plerion is  
so man re  
quireth.

do

do beastes, & frutes, as the Col  
loquintida, which is bitter, deli  
teth in bitter ground. Hote spices  
deliteth to growe in hote ground,  
and euery frute and herbe dothe  
delite in the thing that is of like  
euen so doth man in his foode.  
But in al things let him beware  
of distemperaunce, surfites o  
replecion, reare suppers & dzo  
kenes.

**John.**

But if a man feleth great grief after  
meates o2 drinks, what waye  
there then for to helpe him?

**Humfrey.**

**V**S walking vp and down,  
and perhappes that wyl dis  
geste, as Auicen saieth: And Ral  
sayeth, to walke a hundzeth pa  
ces after meate, is holsome, for  
it comforteth digestion, prouo  
keth bryne, and geueth one po  
wer

The.iii.  
doctrine,  
The. vii.  
chap.

Moderat  
walke af  
ter meat  
profiteth.



power and strengthe of stomacke  
 to eate his supper. But the coun-  
 saill of Galene, must here be obser-  
 ued. Whiche saith: there is no  
 meate but it wyll corrupte or  
 stinke, if the body be cast into a  
 todayne heate, by stronge trauel  
 done after meate, whiche corrup-  
 tion of digestion, is the mother  
 of all diseases, and the beginner  
 of all infirmities, as Auicen re-  
 porteth: And if you se this wyll  
 not helpe to digeste your ingo-  
 ged full stomake, then prouoke  
 your selfe to sleepe lyng vppon  
 your ryght side, leaning toward  
 your brest and belly, laiyng your  
 warine hande vpo your brest, as  
 Auerrois saith: the power of diges-  
 tion is made strong whē a mā sle-  
 peth. For natural heat is dra-  
 wē inwardly with warmnes, or  
 heat hath power to digest. But  
 if slepe

Gallen.

in, 6. de ac-  
 cedenti &  
 morbo. 1.  
 cap.

Auice. in

13. theo. 3.  
 tracte. 3.  
 cap.

To heale  
 digestion  
 by diuers  
 wayes.

Hipo. in  
 secundo  
 prim.  
 doc. 3. ca. 6  
 Hec signa  
 declarant.

slepe ease you not, prouoke bo  
 mit or fast it out, and this is the  
 counsell of many learned men  
 For it is no meruaile although  
 manye meates corrupteth one  
 man, whiche be of sundry and di  
 uers workings in the stomake  
 liuer, & baines, for the qualities  
 doth hinder nature as muche as  
 the quantities. And take hede  
 these signes and euill tokens, be  
 not founde in you. The paines  
 of all your members with idel  
 nes & wearines, to go or moue  
 your bodie. Sodayne greates  
 blusshynge or readnes in your  
 face, baynes swelled and puffed  
 vp, read bryne, and grosse skine,  
 extended or stretched out with  
 fulnes, like a blowen bladder &  
 full pulses, small desire to meat,  
 slreeste and grief in slepe, seming  
 in slepe to beare some intollera  
 ble

ble burdeyne, or dreampng to be  
 specheles, these be the euill and  
 daungerous tokens of repletio.  
 And of this I geue you war-  
 ning, for it hath slayne as manie  
 by aboundance, as hunger hath  
 killed through scarcitie.

**Iohn.**

I haue hearde saye that holosome aye  
 is a great comfote to mans nature,  
 but coꝛrupt aye doth muche harme. I  
 shall require you therfoze to tell me of  
 the good and the bad aye, that I may  
 learne to vse the good, & refuse y<sup>e</sup> bad.

**Humfrey.**

**G**alen in lib. de Sectis. sayeth: A  
 wyse phisiciō ought to know  
 the natures of men, of waters, of  
 aire, of regions and dwellings,  
 generally, particulerly to thy self,  
 being a natural English man of  
 birth and education: this lande  
 is very temperat. How be it, our

H. j.

Dwell



Note  
which be  
the most  
holsomst  
aperts to  
dwell in.

what aires  
corrupteth  
the  
bloud.

dwellinges in this lād, be varia-  
ble as fenues, marishes, wodes,  
hepthes, vallis, playnes, and  
rockie places, and neare the sea  
syde. But the sayde Galen geueth  
counsail in his regimēt of helth,  
saiyng: a good aire which is pure  
and holsome is that, whiche is  
not troubled in standing waters,  
pooles. Therfoze maris grounds  
& places, where hempe & flaxe, is  
rotten, & dead carions be cast, or  
multitudes of people dwelling to-  
gether, or houses inuironed w  
standing waters, wherinto lakes  
or sinkes, haue issues, or wallo-  
wing of swine, or cariō vnbrued  
or foull houses, or such like pla-  
ces be daūgerous, corrupteth the  
bloud, whiche is worse then en-  
fectiō of meate, for y prince saith,  
that al places of concauetes, as  
fellers, boltes, holes of minerals  
where mettels be digged, or hou-

ses, or walles, ioyned together,  
 where as y sunne with reflexion  
 beateth in w sodain heate, whose  
 absence bryngeth colde. This  
 aire is distempered, but plea-  
 saunt clere aire, swete gardens,  
 goodlye hilles, in daies tēperat  
 when one may se far of. These be  
 good also, there be certain stars  
 called infortunates, in their exal-  
 tacion, whose influence bringeth  
 corruptiō to creatures, rot & pesti-  
 lence to men & beasts, poisoning  
 waters, & killing of fish, blasting  
 of frute in trees, and corne in the  
 fields, infecting mē with diuers  
 diseases, feuers, palles, dropsis,  
 cankers, falling sickeneses, and  
 epizosis. Agaiſt y said influēces  
 all chriſten men must pray to god  
 to be their defēce, for thei be gods  
 instrumētes to punisheth earth.  
 Example, we haue of mortall

Corrupte  
 aire bryn-  
 geth son-  
 dry disea-  
 ses.

Feruent  
 prayer vnto  
 to God,  
 doth miti-  
 gate his  
 wrath.

Sweete  
aire to  
be made  
in y<sup>e</sup> tyme  
of sicknes

pestilence, horrible feuers, and  
sweeting sicknes, and of late a  
generall feuer, that this lande is  
ofte greatly plagued withal. The  
one muste make a fier in euerye  
chymney within thy house, and  
burne swete perfumes to purge  
this foule aire, and nowe in con-  
clusion to aunswere thy questio,  
for the health of dwelling. Auicenna  
saith: to dwell vpon hilles is cold.  
And in valleys comprised with  
hilles, is hote. Upon a hyll syde  
against the north, is cold & drie.  
Towarde y<sup>e</sup> west, grosse, & moist,  
verie subtilt towards the East.  
And cleare and warme towards  
the South. And Rasis saith: in  
his first booke Afforien. A man dwelling  
nere the Sea side, or greates  
waters, can not liue long, nor can  
not be without weakenes of mem-  
bers, or blindnes, but the best  
building



building of a house, is vpon a drie  
ground, and a hill towards the  
west side, and south west. dozes,  
and windowes open towards the  
east, and north east, hauing nere  
vnto y<sup>e</sup> said house, sweete springs  
of running waters. From stony  
or chaupye ground, whiche is  
both pleasaunt and profitable to  
the house. For Hippocrates saith  
in his booke of aire and water: the  
second chapter. Cities & townes,  
whiche is placed toward the east,  
be more surer, then the townes  
builded towards the north, for  
temperat aire or wynde, and sic-  
kenesses be les. And in the sayde  
booke, Auicen greatly commendeth  
pleasant riuers, running towards  
the rising of the sunne, the dwel-  
lers in suche places sayeth he, be  
sayre and well fauored; smothe  
skynnes, cleare & sharpe voyces,

Situacio  
best for a  
house.

Pleasant  
people.

and thus to conclude with thee,  
this shal suffice at this time, what  
and where, good & pleasant dwel-  
ling is. Note also, that thou must  
obserue aire in sickenes, as thou  
must do meate in sickenes, colde  
sicknes is, warme aire, drie sick-  
nes is, moiste ayre, and so in the  
contraries to them that be sicke,  
and they that be hole, aire of like  
qualitie is moste holsome, they  
that haue long sicknes is, chaunge  
of aire is a great helpe, bothe in  
feuers, Dropsies, falling sycke-  
nesses and rumes.

**John.**

I haue founde very muche disquiete-  
nes in my body, when my seruants  
and labouryng familie, haue founde  
ease, & yet we are partakers of one aire.

**Humfrey.**

The cause why thy labouring  
seruautes in the fildes at  
plough

plough, pastures, or woode, haue moderate  
 such good health, is exercise and exercise a  
 labour, & thy disquietnes cometh souerayn  
 partly of Idlenes, and lacke of thing.  
 trauel, which moderatly vled, is ✓  
 a thing most soueraint to nature.

**John.**

I pray & tel me some thing of exercise.

**Humfrey.**

**T**he well learned man Fulgen- Fulgen.  
in lib. 2.  
 tius, saith: that exercise is a file  
 and chauffer of the heate natural, what  
profit co-  
meth by  
exercise.  
 whiche chasseth away slepe, and  
 consumeth superfluous strength.  
 Of the naturall vertues, redea-  
 mynge of tyme, enemye vnto  
 Idlenes, dewe vnto yong men,  
 ioy of old mē, and to say & truthe:  
 he which doth absteyn frō exercise  
 shal lacke & ioyes of helth, & quiet  
 nes, both of body & mynde. And  
 Galen saith: in his regiment of  
 health, if we wil kepe pfit health,

H. iiii.

we



We muste begin of labours and  
 moderat trauell and then to our  
 meate and drinke, and so forth  
 to slepe, & this is the cause whye  
 haukers, shooters, hunters, and  
 plowmen, and gardeners, &c.  
 haue so good dysgestyon and  
 strength of bodie. Who be stron-  
 ger armed men then Smithes,  
 because of the exerceise of there  
 armes: stronger boddyed, then  
 carpenters, which lifteth greate  
 blockes, and masons which bea-  
 reth greate stones, not onely in  
 there youth, but suche men will  
 take meruelous traueles in age  
 which to Idle people semeth be-  
 rye paynefull, but vnto them  
 selues that trauell no paine but  
 pleasure, because of custome.  
 These people can digeste grosse  
 meates, eating them with much  
 pleasure, and slepinge soundlye  
 after

use ma-  
 keth la-  
 bour esp.

after them, boheras the idle mul-  
 titudes in Cities & noble mens  
 houses, great numbers for lacke  
 of exercise both abhorre meates  
 of lighte digestion and dantye  
 dishes, marve in deade thei may  
 be very profitable to phisicians.  
 But if travell be one of the beste  
 preserver of helth, so is Idlenes  
 the distroyer of life, as Auerois  
 writeth, and Hippocrates saynge  
 every contrarie is remoued and  
 helped by his cōtrarie, as health  
 helpeth sickness, exercise putteth  
 away Idlenes, &c. But every  
 light movinge or losse walking  
 maye not be called an exercise  
 as Galen saythe, therfore tennis,  
 danfinge, runninge, wrestling  
 ridinge vppon great horses, or  
 repued, aswell for the state of  
 mennes health, as for pleasure,  
 wherunto it is nowe converted,  
 rather

Apho.

Idlenes  
 the mo-  
 ther of al  
 mischief

Exercise  
before  
meate.

rather to the hurte of many then  
the profyte of fewe, exercise doth  
occuppe euery parte of the bo-  
dye, quyrken the spyrtes, purge  
the excrenentes boythe by the  
raynes, and gutes, therfore it  
muste be vsed before meate, for  
if stronge exercise be vsed imme-  
diatlie after meate, it conueyeth  
corruption to eche parte of the  
bodie, because the meate is not  
digested, but when thou seeste  
thy water, After meate appea-  
reth some what citiene or yellow  
then mayste thou beginne exer-  
cise, for digestion is then well.  
But sicke folkes, leene persons,  
yong childre, women with child  
may not much trauel. The exer-  
cise of dice, cardes, fighting, drin-  
king, knauishe raling, of baudes  
rye, and such lyke: rather may be  
called an exercise of deuels, then



of men. And thus to cōclud with  
Salomō, quam pretiosus sit sanitas the  
sauris.

### John.

**A**fter paynfull laboꝝ and exercise,  
oꝝ disquietnes of the minde, there  
was neuer thinge that haue done me  
so much comfort as slepe haue doone.

### Humfrey.

**A**Vicen sayth, that slepe is the  
reste and quietnes of the po-  
wers of the soule, of mouinges  
and of sensis, wythout the which  
man can not liue. And trevely  
slepe is nothings else but an I-  
mage oꝝ bꝛother to death, as Tulli  
sayth. And if by imaginatiō thou  
wdest perseue sleping & waking  
wayed in the balance together,  
there thou should see them equal  
in waight, foꝝ Aristotle sayth that  
man do slepe as muche as he do  
wake,

Auicenn  
in can.

Of slepe  
and wa-  
king.

Tulli. in  
lib. de  
sene.

Arist. in  
lib. de so.

wake. But this is to be considered in slepe, that naturall heate is drawen inwardely and digestion made perfyte, the sprites quieted and all the bodye comforted, if the trew order of slepe be observed in sixe pointes. First a quiet minde without y<sup>e</sup> which ether there is no slepe, or else dreadfull dremes, turmentinge the sprittes. Secondly the tyme of slepe, whiche is the nyghte, or tyme of moſte quyet ſylens, for the daye ſlepes be not good, moſte chieflye ſoone after dinner, excepte to ſicke perſons or yonge Children, in there tymes conuenient. Thirdly, the maner of slepe, that is to eſchewe the lyinge on the backe, which bringeth manye greuous paſſions, and killeth the ſleper w<sup>th</sup> ſudden death. To lye vpon the left

Slepe  
after dinner  
not  
helthful.

ſyde

syde is very euell in the fyrste  
 slepe, but tollerable in the se-  
 conde, but the most suerest waye  
 to make the digestion perfite, is  
 to lye vpon the righte syde, with  
 one of the handes vpon the brest  
 forthly slepe haue the quantety  
 which must be meene, for super-  
 flous slepe maketh the sprytes  
 grosse and dull, and decayeth me-  
 morye, sixe or eyght houres wyll  
 suffice nature. For lyke as muche  
 watche dryeth the bodye, and is  
 perilous for fallinge sicknes, &  
 blindnes: euen so to muche slepe  
 is as perilous, for extremes be  
 euer yll. Fyftlye in the tyme of  
 cold feuers, the patient must not  
 slepe vntill the trumbling fyt be  
 paste, for then the hote fitte that  
 foloweth wyll be extremer than  
 any other fit, and harde to helpe,  
 note forthermore y those bodies  
 that

Slepe on  
 the righte  
 syde is  
 best.

Gal. sen.  
 i. terap.  
 ca. 6.



that be ful of hote inflammations  
 slepe not wel, therfore thye must  
 vse thinges to extenuat and to  
 make colde, as Tizantes and cold  
 Siruppes, or gētle purging frō  
 the belly and lyuer, or finallye to  
 haue the median vayne opened  
 according to time, state, and age.  
 Sixtly the chamber muste be  
 considered that it be clene, swete  
 comly, clothes fyt for the time of  
 the yere, & the age of the people  
 and to kepe the hedde warme, is  
 very holsom, for in slepe natural  
 heat is drawen into the bodie for  
 the brayne of nature is cold and  
 moyste. Windowes in the south  
 parte of the chāber, be not good,  
 it is beste for them whiche haue  
 cold reumes, dropses, &c. To lye  
 in close loftes, and for drye bo-  
 dies to lye in lowe chambers, &  
 in y tyme of the Pestilence, often  
 to

Thy lod-  
 ging  
 muste be  
 kepte  
 clene.

thyfte chambers is healthfull,  
 lyinge vppon the ground in gar-  
 dens, vnder trees, or nere vnto  
 stinking pyuies be hurtfull to  
 the bodye, and this shall suffice  
 for thyne instructiō of slepe, pro-  
 uided that thou duste not longe  
 retayne thyne vryn. For feare  
 of the stone, and payne in thy  
 raynes.

Note  
 that flea-  
 peers in  
 fildes in  
 haruefle  
 shalbe in  
 danger  
 of quar-  
 tens in  
 winter.

### John.

There is nochinge whiche I more  
 feare then the stone, for my father  
 was soze bered therewith, what shall  
 I marke in mine byrne.

### Humfrey.

Among all mortall diseases,  
 y stone is the greatest, a pre-  
 uenter of time, a deformer of mā,  
 and the chief weakener of the bo-  
 dy, and a greuous enemy to the  
 common wealth. How many no-  
 ble

The cause  
of y stone

remedies  
for y stone

ble men and wo:shipfull perso  
nages hathe it slayne in this re  
alne : many one, whiche cometh  
of hote wyues, spices, long ban  
quettes, repletions, fulnes, cost  
nes, warme keepinge of y backe  
salte meates. &c. The remedy  
wherof is in al pointes contrarie  
to these causes, smal wines, tepe  
rat beer, oz ale, no spices, but hol  
some herbes, as tyme, perilly  
farifrage. &c. A lght meales, mo  
chiefly the supper, no baken, no  
rosted thinge, but onely sodden  
meates, and often times to rela  
the belly with Cassia fistula, new  
drawen from the Cane, with su  
ger and to eschewe salt meates  
and not to kepeth y back warme  
the stone is often found in yong  
children, whiche cometh of the  
parentes, and oftentimes in old  
folke. Whiche stones be engend  
red

Dzed



gendred as I haue saide: besides  
milke, frutes, herbes, saltfyshe, &  
flesh, hard chese. &c. Now marke  
well this lesson followyng, for  
thyne brine.

**John.**

That shall I gladly, reade but softly  
and I wyll wyte thy wordes.

**Humfrey.**

First in brine. iiii. thinges Marke

Thus said Actuari the good clarke,  
Culler regentes and contentes therein.  
Substaunce grosse, thicke or thyn.

It faire light, an brinall puer,  
Then of thy sight, thou shalt be suer.

Culler of bright gold or gilte,  
Is healeth of liuer, harte and mylte.

Lead as chery, or safron drie,  
Excesse of meat in him I spie.

Culler grene, or like darke read myne,  
Do ressembling the liuer of a swyne.

Is adustion with fierp heate  
Burning the lpuer and stinking sweate

Lead or culler or black as incke,  
Each draweth neere as I do thinke.

Except the termes which women haue,

**Four**  
thigs no-  
ted in u-  
rines.

**Golden**  
urine.

**Lead u-**  
rine.

**Grene**  
urine.

**Couller**  
like lead.

# The Gouvernement

ye. O: purging black collet, which many do saue  
 2. Culler grep as horne, o: clere as water,  
 like Is lacke of digestion sayth mine auther.  
 be Urin like flethe broth is very good,  
 h. Beginneth digestion and nozithe blood.  
 ite Subcitrine and yellow be urins next best,  
 v. in Bread and flethe will well digest.  
 ite The urin that is whyte and thicke,  
 v. in Is euer Called flegmaticke.  
 v. n. Melancholy water is whyte and thin,  
 we The redde and grosse is Sanguin.  
 2. Yellow and thyn, springe from the gall,  
 The swelling lpuer and byapnes blouddy,  
 Causes Circle thicke with culler ruddy.  
 lesar But whan Circles be thyn and red,  
 no: Tholler graue the right spde of the head.  
 e in If ledde Circles swim on the brink,  
 It is falling sickness as I do thinke.  
 . When Oyle in urin dothe apeer,  
 . Resolutio pinguis dralweth neer.  
 . When Oyle apeere in feuers hote,  
 . Dissoluinge the body, causeth ablote.  
 . But of Periotides, thou felft no paynes,  
 . This Oyle Pronoglick, consuming raynes.  
 . The grauell red declarerh for euer,  
 . In dyne backyd men duble tertian feuer.  
 . When golden grauell aperyth alone,

It hurt the raines but is no stone.  
 Whan grauel is of couller whight,  
 Stone in the bladder worketh spight.  
 Contentes like smale thzides oz heers,  
 Thzough heate & dzenes y body weers.  
 Consumtion, scabbe, small sport & lust;  
 Is whā many heers be mingled w dust.  
 In the bottom of vains, oz vessels great,  
 Lieth stoppig matter like bzan of wheat.  
 Wherin contentes are, like scales of fish  
 Is apereth in the chamber dishe.  
 These signifie feucrs, and ethiches olde,  
 Oz skabs, which the bladder do infolde.  
 Whight froth swpmig, cometh of wind,  
 The pelow froth, is of Jaunders kynd.  
 Thus of vziens I do conclude,  
 With wordes of truthe, but meter rude.

**C**here is also a litle of y signes  
 of the excrementes of the belly.

**O**z filthp dunge, and fer moste vile,  
 The dregges of natures fode,  
 Whan thei be diuers coulerid made  
 The singnes be neuer good.

If the sieg be like vnto the meat,  
 Rewe drawn into the marwe,  
 Oz fleting with flem oz burbles great.  
 The body is wyndp and rawe.

Cōtents  
 in vzin be  
 the chiefe  
 things to  
 know di-  
 seases.

Many  
 cullers in  
 one stole  
 be euill.

singns of  
 Crudite  
 & wynde.



## The Gouernement

Collick  
signes.  
Signes  
deadly.

The pelowe doth from choller cum,  
The greene is burnt adust,  
The black and leady, be deadly signes,  
That fleshe wyl turne to duste.

Sile ex-  
crements  
signify co  
sumption  
except the  
cause be  
of fatte  
meates.  
Stooles  
soft and  
hard.

The excrement that is in y iackes cast,  
If it haue oyle or fatte,  
Consumption of body than begin,  
The chiefest signe is that.

The priue soft well compacte,  
Made in the accustomed time,  
Is euer good and the hard is ill,  
And thus I ende my ryme.

## John.

**O**ps I fel into a great sicknes, and  
hetherto I am skant recovered of  
it, the surfitte was so great, but counsaill  
was geuen me, that I should not stape  
my selfe vpon the opinion of any one  
phisicion, but rather vpon thre, then  
sayd I: to retayne thye at once, requi-  
reth great charge, for those men to  
whome lynes be committed, ought li-  
berall rewarde to be geuen. When  
sayd my frende, they are good gentle  
men

men and no great takers. What bee  
their names said I: he answered say-  
yng: The first was called doctoꝝ diet,  
the seconde doctoꝝ quiet, the thirde doc-  
toꝝ mery mā. I did wyte their names,  
but yet I could not speake with them.

Diet.

Quiet.

Mery mā

### Humfrey.

**H**etherunto I haue sayd som-  
thing that shall well suffice  
foꝝ the to knowe doctoꝝ diat, as  
foꝝ quiet, and mery man, they lie  
in no phisicions handes, to giue,  
but onlye in Goddes. Foꝝ small  
it helpeth to any man, to haue ho-  
nour, riches, fame, conning. &c.  
And in the meane time, to wante  
quietnes, and mirth, whiche bee  
the chief frendes. Tendrist nu-  
ryshes, hollosomest phisiciōs, moſte  
pleſaunt muſicions, & friendlieſt  
cōpanions, to nature, pleaſaunt  
birdes ſinging in the branches,  
be moze happier then rauening

It were  
better to  
lacke ry-  
ches, the  
to wante  
quietnes  
& mirth.

## The Gouvernement

Many  
apt simili-  
tudes or  
metaphors.

Cormerantes, and greedy hau-  
kes, whiche with paines incha-  
seth their prais. The quiet labes  
be euer happier in their kynde,  
then y greedy rauining foxes, wol-  
ues and lions, which neuer cese,  
bering them selues, to kill liuing  
things for their fode. The pooze  
oyster, lurking vnder the rock, or  
sande, whiche is neuer remoued  
of stronge ebbes nor fluddes, is  
farder from trauell & continuall  
paynes, then the horrible whale,  
most feareful to fishes. The low  
shubs, or bushes growyng nere  
to the ground, be euer in more sa-  
uegarde then the lusty highe flo-  
rishyng trees, spzed with pleasat  
bzaunches, whiche be subiect to  
euery strong wynde. The pooze  
bootes in harbor, be in lesse peryl  
then the fikle riche ships, tossed  
vp & downe on the cruel fluddes.  
What



What shal I say: but this, that y  
 miserable ragged begger called  
 Irus, was moze happier in his  
 pouertie with quietnes & mirth,  
 then was the glotonus beaste, &  
 mōsterous man king Sardanapal<sup>9</sup>,  
 with all his goldē glozy court of  
 ruffians, & Curticens wiche Cam to  
 an end mozte shamefull. Diogenes,  
 I warrant you was not infero<sup>r</sup>  
 to Alexander, in the state of Happi-  
 nes, and haue left as great a fame  
 behind him, sauing that Alexāder,  
 was a moze cruel murderer then  
 Diogenes a chaste liuer. In dede y  
 pooze sylly shepehard, doth plea-  
 santly pipe with his shepe, whan  
 mighty pzinces do fight amonge  
 their subiectes, & breake manye  
 sleepes in goldē beds, whā bakers  
 in bags, & brewers in bottels, do  
 snozte vpo hard strawe, fearing  
 no sodaine mischappe. The great

The plea-  
 sure of  
 pooze me

The tur-  
ments of  
the mind

Through  
thought  
many are  
killed.

paynes and secrete grieues that  
disquieted myndes, dooe daylye  
susteyne, bee not muche vnlike  
vnto the infernall turmentes,  
that the wicked dooe fele: Phy-  
sicke vnto an extreme troubled  
mynde (saye what they lyst:)  
helpeth as lyttell, as to aple a  
playster to the breste, or head,  
of a dead bodye, to reuocate the  
spirites of lyfe or soule agayne.  
The syckenes of the body muste  
haue medicine, the passions of  
the mynde, must haue good cou-  
sel. What pleasure hath a condē-  
ned man in musicke, or a dead  
man in phisicke? Nothyng at all  
God knoweth. Oh howe many  
men haue bene caste awaye by  
thoughte, and mooste for losse of  
estimacion, and some of other af-  
fections of the mynde, as inor-  
dinate loue, or couetyng thynges  
that

that they can not gette, or optayne  
 anyng those thynges that they  
 can not kepe, or ire of other mē's  
 prosperitie or good happe. As  
 Tully sayeth: Ouide, as fyne in  
 Poetrie, as Apelles was in pain-  
 tyng, describeth this vyle pas-  
 sion of Ire, with a pale face, lene  
 body, skonlyng looke, gnawing  
 teeth, benym tounge, collicke  
 stomacke, tounge full of popson,  
 ingratefull, seldome smyllynge,  
 out at mischief, outwardly ap-  
 pearynge as it were quiet, in-  
 wardly the serpent gnaweth, fret-  
 teth & deuoureth. &c These mē be  
 deuils incarnat, begining hel in  
 this lyfe, moſte enemies to them-  
 selues, & if they did beholde them-  
 selues in a glasse in the tyme of  
 their tempestes, shoulde not their  
 countenaunces, bee moze feare-  
 full to thē selues then their Ire,  
 hurtfull

Ire is a  
 greuous  
 passion.

Tul. in  
 tuscū. li. 3

Ouid. in  
 lib. 2. me-  
 tha.

Deuils  
 incarnat.

A good  
 face in a  
 glasse.



Sete, to  
be spited  
then piti-  
ed in som  
casig,

Galen. de  
regē sani  
libr. 1.

hurteful to others: yes, and per-  
haps make the staring made, in  
seing such a diuels image, ther-  
fore let wise mē be of this mind.  
Firste to thinke that they wolde  
heue no man be Irefull against  
them or disdayne them, euen so  
let them do to others. Secondly  
let them thinke, it is better to be  
spited, then pittied, for euery pros-  
perus felicite, hathe hys enemy  
waiting vpon him. The fole ha-  
teth the wise. The wise man, pit-  
tieth the fole: wel couit rather to  
be spited then pittied, the woech  
enuieth the woorthy man, and so  
forth: Onlye excepte aduersite, &  
extreme misery, al prosperus mē  
haue enimies, let this suffice, &  
consider what Galen sayth, that  
immoderat Ireful motions, cast  
the body into a cholericke heate,  
whereof cometh feuers, and all  
hote

hote diseases dangerous to the  
 body, of this writeth Petrus de eba  
 no. The passion of the mind cal-  
 led dread or feare, is when the  
 bloud and sprites be drawen in-  
 wardlye, and maketh the out-  
 warde partes pale & trimblinge  
 to this, by sides pitiful experiens,  
 Haliabas, Galen, and Aristotel do wit-  
 nes the same. The suddayn pas-  
 sion of ioye, or gladnes, is clene  
 contrary to feare. For the harte  
 sendeth fourth y spiritual bloud,  
 whiche in weake persons, the  
 harte can neuer recouer agayne  
 without death incontinent, as Galen  
 sayth, and as we maye se by ex-  
 perience: As in the metinge of  
 men, and there wyues, Childre  
 and there parentes, which ether  
 by pryson, or banysment, were  
 withoute al hope, euer to seeche  
 ther, and in ioye of metynge  
 the

In comē.  
 32 septi.  
 problem,

Hali. in. 5  
 theo. ca.  
 vltimo.  
 Ga. 1. qui.  
 de acc. &  
 morbo. c.  
 6. Ari. 10.  
 proble,

the delating, & spzeding of y hart  
blond, haue caste the bodeye into  
swooning. And thus my frende  
John I do cōclude vpon certepn  
affections of the mind, wisshing  
doctoꝝ diat, quiat & mery man to  
helpe the, whan thou shalt nede.  
For mirth is beloued of musici-  
ons, plesante birdes & fishes as  
the Dolphin. What is mirth ho-  
nestly bled: an image of heuē. A  
great lordshippe to a pooze mā,  
and pꝛeseruer of nature, & Salo-  
mon sayth. Non est oblectatio super  
cordis gaudium, &c. And yet I saie.

Hudson.

Eccl.c. 30

thral

**T**he Ireful man is euer a thall,  
The ioyful minde is happett of al.  
Zeale burne lyke flames of fiere,  
Whan honest mirth, haue his desyre.  
Loue well mirth but wrath dispise:  
This is the counsell of all the wyse.

**John.**

**I**wold very fayne knowe the natu-  
res of sozten simples, and first what  
is woyme wood.

Hum



**Humfrey.**

A Cōmon knowen herbe it is  
 of diuers kindes as Pōticum.  
 Romanum, &c. It is hote in the  
 first, & drye in the seconde degre,  
 and it is very bitter, and beinge  
 dried, kepeth clothes frome wo-  
 mes and mothes, and the sirope  
 hereof, eaten befoze wyne, pre-  
 serueth men frome dronkennes,  
 if it be sodden in vineger it will  
 helpe y<sup>e</sup> sores that brede in the  
 ares, being laid warme vppon  
 it, is good to be dronke agaynste  
 Appoplexia, & Ophthalmia. Which is  
 a sicknes of the eye, is greatlpe  
 helped with the wormewood, if it  
 be stamped & made luke warme  
 w<sup>th</sup> rosewater, and layed vpon  
 the eye, and couered with a cleane  
 yoked walnut shel, the sirope hel-  
 peth the bloudie flire, it doeth  
 help a cold stomack if it be drōke  
 tenne

The ver-  
 tues of  
 worme-  
 wood.

Auic. li.  
 2. Sim, 2.

## The Gouvernement

tenne daies together, euery morninge two sponfull of the sirope, is good against the dropsie, euery daye dronke, two ounces fastinge, and thus saythe Auicenna, figges, cocle, wormwood, nitur, stamped together, and made in a plaister, is good agaynst the disease of the splen, and also killeth wormes in the bellye, vsed in the foresayde maner, one drame of the powder maye be dronke at once in wine, it haith many moogodlie vertues.

**John.**

What is y<sup>e</sup> propeties of Aries seedes.

**Humfrey.**

It is much like vnto fenel seede, and is called Romane fenel, that is warme and swete, and hote in the seconde, and drye in the third degre, the newe seede is y<sup>e</sup> beste. It ingendereth vitall seede, openeth

Gal. de  
sim.

meth the stoppage of the raynes  
and matrice, being dzonke with  
Tysantes, or clene temperate  
wine.

**John.**

What thinkest thou of mouse eare?

**Humfrey.**

A herbe comenlye knowen,  
colde and moiste in the firste  
degre, as Gallen sayth, the decoc-  
tion of this herbe sodden in wa-  
ter with suger, is good againste  
the falling sickenes, being often  
times dzonke, & put a lefe therof  
into the nose it wil prouoke ster-  
mation, or nesinge which won-  
derfullie doth clense the vayns.

**John.**

wold fayne knowe what is Chyken  
bede?

**Humfrey.**

A moste euery ignorant wo-  
man doth knowe this herbe,  
but



The operation of  
chicken  
wede.

but they be of it diuers kindes,  
they bee verie good to keepe  
woundes from impostumations,  
stamped, and applied vnto them,  
and draweth corruption out of  
woundes, and sodden with vine-  
ger, doth drawe fleume out of the  
head, if it be often warme put in-  
to the mouthe and spit it oute  
agayne. In this same maner it  
helpeth the teath, and soden in  
wine and so dronke, it will clense  
the reignes of the backe.

John.

What is Sorrell, might I knowe  
of the and the properties therof?

Humfrey.

The pro-  
perties of  
Sorrell.

Thy Coke dothe righte well  
knowe it, and all they that  
make grene sauce, but y<sup>e</sup> descrip-  
tion I leue to Dioscorides, and Leo-  
nard futchius, not onely in thys  
herbe, but in al other, and to tell  
the,

tell thee the vertue I will, it is  
colde and drie in the seconde de-  
gree, it also stoppeth: it is like en-  
dive in propertie, because it ouer-  
cometh choler, and is muche  
commended, it helpeth the yelowe  
jaundis, if it be drōke with small  
wyne or ale, and also quencheth  
burning fevers: to eate of the le-  
ues every morning, in a pestilence  
time is moste holosome, if they be  
eaten fasting. This herbe doeth  
Dioscorides, Galen, and Auicenna great-  
ly commende, besides the great  
learned men of this tyme.

**John.**

What is Plantain, or Maybride?

**Humfrey.**

The greater Plantain is the  
better, it hath seven greate  
baynes, it is cold & drie, the seede  
of it, drōke with read wyne, stop-  
peth the bloudie fire: the rootes

The pro-  
perties of  
plantain

℞.j.

codden

sodden and dronke in wyne, stoppeth the bloudy flire: the rootes and leaues beinge sodden with sweate water, and with Suger or bozage water, and geuen to hym that hath an Ague, either tertian or quartaine, two houres afore his fitte: proue this, for thus haue I helped many, it is verie comfortable for chyldren that haue great flires & Agues and is a friende vnto the lyuer, this herbe is greatlye praysed of the Doctours.

**John.**

**W**hat is Camomill, and the operation therof?

**Humfrey.**

**T**his herbe is very hoat, it is dronke against cold windes, and rawe matter beinge in the guttes, the Egyptians did suppose



pose it woulde helpe all colde  
Agues, and did consecrate it to  
the sunne, as Galen saith: Also if  
it be tempered and streined into  
white wyne, and dronke of wo-  
men, hauing y<sup>e</sup> childe dead with-  
in the body, it will cause present  
deliuerance, it dooeth mightelie  
clense the bladder, and is excel-  
lent to be sodde in water to wash  
the feete: the oyle is p<sup>r</sup>ecious as  
is declared hereafter.

To what  
purpose  
camomell  
serueth.

**John.**

Hoppes be well beloued of the beer  
brewers, howe dooe the phisi-  
cians saye to them:

**Humfrey.**

Here be whiche doth coole, be  
called Lupulum, those that bee  
pale be hote and drie, bitter, so-  
wer, hote, saith old herbals. And  
Fucchi<sup>s</sup> saith: thei clense fleume &  
holer, and y<sup>e</sup> water betwene the

Fucchi.

## The Gouvernement

skin and fleshe, the sirupes boyle  
clense grosse rawe fleume from  
guttēs, and is good agaynst ob-  
struction soddē. If the iuice be  
dropped in the eare, it taketh the  
stinke away of rotten sores, the  
rootes will helpe the lyuer and  
splene, beyng soddē, and drōke:  
the beer is very good for flegma-  
tike men.

**John.**

What is Sage, for that I lone swells

**Humfrey.**

A wonder-  
full gift  
geuen to  
Sage.

There be two kindes of sage:  
they be herbes of health, and  
therfore they be called Salvia, this  
herbe is hote & dry, & prouoketh  
vrine, clenseth y<sup>e</sup> matric, stoppeth  
the bloud in a wounde. If it be put  
in a pigge, it drieth the humours,  
that would engēder fleume, it is  
good againste the palsie: oftentimes  
eaten, or soddē in wyne, it

will

wyll helpe & clense ytche, scabs,  
 and fylth from the pudent and  
 secret meēbers. Aetius doth great-  
 lye commende this herbe, and  
 the excellent regiment of Salern,  
 where it sayeth Cur moritur homo,  
 cui salvia crescit in horto, enquiryng  
 why men do die that haue Sage  
 growyng in gardens. But trewe-  
 lye, neyther Whisicke, herbe, nor  
 cunning, can make man immor-  
 tall: but assuredlye Sage is hol-  
 some for olde folkes, to be put in  
 to their meates, for it clenseth  
 fleame from the senewes, which  
 fleame will relaxe the synewes:  
 The wyne of Sage dronke vpo  
 an empty stomake, is hollesome  
 for flegmatike persones, or them  
 whiche haue the fallynge sicke-  
 nes or dropsie.

John.

l.iii.

What

An. in. 3.  
 cap. sing.



## The Gouvernement

skin and fleshe, the sirupes boyll  
clense grosse rawe fleume from y  
guttēs, and is good agaynst ob-  
struction soddē. If the iuice be  
dropped in the eare, it taketh the  
stinke away of rotten sores, the  
rootes will helpe the lyuer and  
splene, beyng soddē, and drōke:  
the beer is very good for flegma-  
tike men.

**John.**

What is Sage, for that I lone well.

**Humfrey.**

A wōder-  
full gift  
geuen to  
Sage.

There be two kindes of sage:  
they be herbes of health, and  
therfore they be called Salvia, this  
herbe is hote & dry, & prouoketh  
urine, clenseth y matric, stoppeth  
the bloud in a wounde. If it be put  
in a pigge, it drieth the humours,  
that would engēder fleume, it is  
good againste the pallsie: oftenti-  
mes eaten, or soddē in wyne, it  
will

will helpe & clense ythe, scabs,  
 and fylth from the pudent and  
 secret members. Aetius doth great-  
 lye commende this herbe, and  
 the excellent regiment of Salern,  
 where it sayeth Cur moritur homo,  
 cui salvia crescit in horto, enquiryng  
 why men do die that haue Sage  
 growyng in gardens. But trebo-  
 lye, neyther Physicke, herbe, nor  
 cunning, can make man immor-  
 tall: but assuredlye Sage is hol-  
 some for olde folkes, to be put in  
 to their meates, for it clenseth  
 fleame from the senewes, which  
 fleame will relaxe the synewes:  
 The wyne of Sage dronke vpo  
 an empty stomake, is holsome  
 for flegmatike persones, or them  
 whiche haue the fallynge sicke-  
 nes or dropsie.

John.

l. iii.

What

An. in. 3.  
 cap. sing.

**W**hat is Pilopodie, that groweth  
vpon the Oke tree?

**C**humfrey.

Of polo-  
podie.

**I**f this herbe bee sodden with  
Beetes and Malowes, in the  
broth of a henne, and dronke, it  
will loose the belly, and clense  
fleume: the roote of this herbe  
being drie, and beaten into fyne  
pouder, and drawe into the nose  
thrilles, helpeth a disease called  
Polipus.

**E**John.

**I** have heard talke of Hoozhounde, I  
would fayne heare of his workyng.

**C**humfrey.

What de-  
scases hoz-  
hound  
helpeth.

**I**t is a herbe hoat and drie, if it  
be sodden with fayre water, su-  
ger or hony, and streyne it, this  
drynke doeth clense the stomake  
from stynkynge fleume, it is an  
excellent herbe for women, to  
clense their moneth tearmes, the  
water



boater of this, is good to helpe  
 them which haue a moist reume  
 falling from the head, vpon the  
 lungen, being often dronke: but  
 it is hurtfull to the bladder and  
 raynes, the sirope therof dooth  
 cleanse the kynges euill: and also  
 put into the eares, doth greatly  
 comforte the hearing if the eares  
 be troubled: and stamped with  
 hony, and applied into the eyes,  
 it clenseth the syght.

**John.**

**What is Verben?**

**Humfrey.**

It is called the holy herbe, it  
 drieth and byndeth, if it be sod-  
 den with vineger, it helpeth a  
 disease called saint Anthonies  
 fier, oftentymes washyng the  
 pained place, the leues of Verbe

Of verbe  
 & his pro-  
 perties.

℞.iiij.

and

and Roses, and freshe boynes  
grease stamped together, wyl  
seace payne and grieve in euery  
wounde, and wyl keepe woundes  
from corruption: it is good  
for people, that haue the tercian,  
or quartaine Agues. And thus  
sayeth Dioscorides: moreover, he  
sayeth, the weyght of a Dram of  
this herbe, with three halfe pe-  
nyes weyght of Olibbulom, and  
put in nine ounces of olde boyne,  
tempered together, and dronke  
fourtie daies of this quantitie  
fastyng, it wyl helpe a disease,  
called the kynges euyl, or paine  
in the throte.

Dioscori-  
des.

John.

What is Kewe, or herbe Grace?

Humfrey.

I Tell thee, this herbe is verie  
hote and bitter, and doth burne  
because

because of his hotenes in y third  
degree: if a litle of this reboe be  
stamped, and sodden wyth wyne,  
and dronke, it is an excellēt me-  
dicine, agaynst poplone and pes-  
tilence, wyth roses, and vineger,  
and reboe stamped together, and  
put in forred clothe or biggen,  
applied vnto the temples of the  
heade or forehead, do seace gre-  
uous paynes in the head. And in  
lyke mauer it healeth y bitinges  
of serpentis or dogges, stamped  
wyth vineger: many nyce people  
cannot abide it, cryinge fie, it  
stinkes: The leade of thys herbe  
beaten in pouder, & put in freshe  
clarified butter, & pitche melted  
together, is good for thē to drinke  
that are bryled.

is good  
against  
popson.

**John.**

that is burnet.

**Hum.**



## The Gouvernement

The pro-  
perties of  
Burnet.

**H**umfrey. It is of the nature of fyue syn-  
ger, drie and byndyng, and not  
moist, as many saith: stampe it &  
put it to the eies, doth take away  
the dropping and prickynge, and  
doth heale woundes, and is good  
to drinke for the tercian Ague.

**J**ohn.  
What is Dandilion?

The ver-  
tues of  
Dandilion

**H**umfrey. It is temperat, colde and drie:  
with Roses and vineger, tem-  
pered together, it helpeth þe head  
in hoat diseases. The sobothistle  
called Soncus, hath the same ver-  
tue, and so hath Suckery: if they  
be sodden, they lose the belly, and  
quencheth heate whiche burneth  
in the stomake, and defendeth the  
head fro hote smoking vapours,  
and purgeth yelow choller, and  
rebateth venerous and fleshepe  
heate.

heate, and is good to be sodden  
and dronke in hoate burnynge  
Agues, though this herbe be co-  
monly knowen, and compted of  
many as a vyle weede, yet it is  
reported of Dioscorides, to be an ex-  
cellent herbe.

**John.**

What is Spynnage?

**Humfrey.**

A herbe much vled in meat,  
colde and moiste, in the firste  
degree, it mollifieth and maketh  
softe the belly, it is good for them  
that be hoat and drie, and yll for  
flegmatike men.

**John.**

What is Colucumbers?

**Humfrey.**

They be trewly in the seconde  
degree, very moist and colde:  
The seedes be good to be geuen  
in

## The Gouvernement

For  
what pur  
poses cō-  
cōber ser  
ueth.

Epinicti-  
das.

in hotte sicknesses: the powder of  
the sayde seedes, dronke in cleane  
wyne, is good agaynste dyuers  
passions of the harte: this frute  
wil cause one to make water wel  
the roote dzyed in powder therof  
drunken in water and honye,  
prouoketh vomite: if they be mo-  
derately eaten, they bringe good  
bloude, tempered wyth honie,  
and anointe the eyes, that hel-  
peth a disease called Epinictidas,  
which troubleth mē with strāge  
sightes in the nightes: the best of  
this frute is, whiche beareth the  
beste seedes the sauoure of that  
is not holsome: mellons, citrons,  
pampans, and this kinde of pe-  
pons or great apples be muche  
vled in Englād, and is moze cō-  
mon, then profitable, because  
they vse to eat them rawe. En-  
glishe men being borne in a tem-  
pered



pered region, enclining to colde,  
may not without hurte eat rawe  
herbes, rootes and frutes plen-  
tifull, as manye men, whiche be  
borne farre in the south partes of  
the woꝛlde, whych be moſte hote  
of ſtomake, therefore lette them  
eat theſe frutes boyled or baken  
with hony and pepper, and fencle  
ſeedes or ſuche lyke, there be an  
other hote kinde of bitter cucum-  
bers, which doo purge.

**John.**

What is Garlick.

**Humfrey.**

Garlick is very hote and drie  
in y fourth degre: it troubles  
the ſtomacke, it is hurtfull to the  
eyes & heade, it increaſeth drie-  
nes, but it will prouoke vrine, &  
is good to be layd vppon the by-  
tinge of a ſnake, or edder, it is  
good for the emeroides applied  
to

The pro-  
perties of  
Garlick  
& his ope-  
ration.

## The Gouvernment

to the soze place, being first stam-  
ped, if it be sodden, the stinke is  
taken from it, but the vertue re-  
mayneth to be eaten against the  
coughes, & paines in the lungen,  
it cutteth and consumeth corrupt  
fleume, and bringeth slepe. It is  
not good for hoat men, nor wo-  
men with childe, or Nozces, ge-  
uving milke to childzen: but Galen  
calleth it the comon peoples trea-  
cle, if sanguin men do eate much  
of it, it will make them to haue  
read faces, but it is a speciall re-  
medy against poyson.

**John.**

**What is Onions?**

**Humfrey.**

The di-  
uersitie of  
Onions &  
their pro-  
perties.

**T**hey do make thin the blood,  
and bringe slepe, they be not  
good for collericke men, the long  
onion

onion is more beheimeter then  
poultice, and the read more then  
the whyte, the drie more then the  
grene, and the rawe more then  
the sodden, or preserved in salte  
although they cause sleepe, verie  
paynfull and troublous heat in  
the thirde degree, and warme in  
the stomake, clenseth the sto-  
make, and bryngeth good coul-  
er to the face, and helpeth the  
grene sickenes, prouoketh vrine,  
opened the emoroides. If they  
be sodden in vineger, and layde  
warne to them: peele of the rind  
and cutte it at both the endes,  
and cast it into fayre warme wa-  
ter, and let it lie an houre or two,  
and then slice it, this takes away  
the beaimet sharpnes of it. Rew,  
salte, hony, & one onion staped to-  
gether, is a goodly plaister to lay  
upon



## The Gouvernement

vpon y biting of a dogge: leekes  
purgeth the bloud in march, and  
payneth the heed, and be not  
greatly praised, for their it iuice.  
Adoge saythe, Dioscorides, the head  
beinge anoynted with the iuice  
thereof kepeth heare frome fal-  
linge: there is muche varietie of  
this onyon amongst wynters  
sayth Plini, but this shall suffice.

**C**John.

What is Lettise.

**C**Humfrey.

The pro-  
perties of  
Lettise.

[T doothe mightylie increase of  
milke in womens brestes, and  
therfore is called lettise, as Mar-  
tiall saithe, firste shalbe geuen to  
the vertue and power to increase  
milke in the brests every hour.  
lettis is an hearb cold and moist  
and is comfortable for a hoate  
stomake, bringeth sleepe, mollifieth  
fieth the belly: the drier it be eaten

th

the better it is, I meane if it be not muche washed in water, adding cleane sallet Oile, Suger, and vineger to it, it abateth carnall luste: and much vse of it, dul- leth the sight, the seede is preci- ous against hoat diseases drōke with tisang: There is an herbe called Rocked gentle, which par- tely smelleth like a fore, whiche is very hoat, an increaser of seede, whiche herbe must alwayes bee eatē with Lettis. The roote ther of sodden in water, will drawe broken boones, and will helpe the cough in yonge children.

**C** John.

What be Myntes?

**C** Humfrey.

Myntes be of two kindes, gar- den and wyld Myntes, thei be hoat vnto the thirde: & dooeth atozie in the second degre. Garden

The pro-  
perties of  
myntes.

℞.i.

Mynte

## The Geuernement

Mintes is best: y powder of this  
with the iuice of Pomgarnites,  
stoppeth vomits, helpeth sighing,  
clenseth hoate choller. Three  
braunches of this sodden with  
wine, doth helpe repletiō dronke  
fasting. This iuice tēpered with  
good triacle, & eaten of childrē a  
mornings, wil kil wormes, and  
stamped with salte, applie it to y  
biting of a dogge, it will heale it:  
It is holsonie sodde with wyndy  
meates, and sodden in posset ale  
with fenill, it helpeth collike, it en-  
creaseth vital sede. It is not best  
for chollericke complexions, but  
good for flegmatike, and indiffe-  
rent for melancoly: and it wyll  
stoppe bloude, stamped and ap-  
plied to the place. The iuice of  
Mintes is best to mengle in me-  
dicine against poison; the powder  
of Mintes is good in pottage



fleshe, sodden with Oximel, it clen-  
seth fleume.

**John.**

What is Sention?

**Humfrey.**

It is of a mixt tempzament, it  
coleth and partly clēseth if it be  
chopped and soddē in water, and  
drinke it with your potage, it wil  
heale y<sup>e</sup> griefe of the stomacke, &  
purge it from hoate choller: his  
downe with saffron & colde wa-  
ter, stamped & put in the eies, it  
wyll drie the running droppes, &  
stamped plaister wyse, it helpeth  
many greuous woundes.

**John.**

What is Pursleyn?

**Humfrey.**

Colde in the third, and moiste  
in the seconde, if it be stamped  
with steped Barly, it maketh a  
goodly plaister to coole the head,

The ope-  
ration of  
Purslein

## The Governement

eyes, and lyuer, in agues burninge heate. To eate of it, stoppeth flixes, and quencheth burning choller, and extingwytth venerus luste, and greatly helpeth the raynes and bladder, and will kill rounde woormes in the belly, and comforte the matrix against muche sterme: And the iuice is good to drinke in hoate feuers, it may be preserved with salt, then it is very good with roasted meates. Plini sayeth: it is supposed to make the sight blunte and weake, further he saith: that in Spayne a great noble manne, whome he did knowe, did hang this Pursesyn roote in a threed commonly about his necke, which was muche troubled, of a long sicknesse and was healed.

**John.**

What is Mugwort.

Hunt

**Humfrey.**

**M**ugworste and fetherfof, & Tansey, be verye hoate and drie in the seconde degree: Mugwort, spozge and oyle of Almonds, tempered plaister wise, and applied cold to the sick pained stomake, wyl brynge health. It is good in bathes saith Galen: it is holsome for women, it clenseth & warmeth and comfort, and breketh the stone. Plini saith: it is good against serpentes, and holsome for trauelyng men, if they carpe it, it comforteth them from woymes. Tansey doth myghtely cast woymes fro children, droke to wyne: A cold plaister staped & layde vpon the belly of a womā whose childe is dead within her, it will seperate the dead chylde from the liuing mother, causing her to niese with Betony leues.

The operation  
of Mugworste.



# The Gouvernement

**John.**

There is an herbe commonly vſed to  
the great relief of many called Ca-  
bage, is it ſo good as it is repoꝛted of?

**Humfrey.**

The ope-  
ration of  
Cabage.

Cabbage is of twoo properties,  
of bynding the belly, and ma-  
king laxatiue: the iuice of Caba-  
ges lightly boyled in freſhe bief  
broth, is laxatiue, but the ſub-  
ſtaunce of this herbe is harde of  
digestiō, but if it be twoyſe ſodde,  
the broth of it will alſo bynde the  
belly, if it be tempꝛed with Allū.  
This herbe hath vertue to clenſe  
a newe read Leproſie, laid vpon  
the ſore place in the maner of a  
plaister. But to conclude of this  
herbe, the broth of it hath vertue  
to preſerue from Drunkenes, as  
Aristotle, Rasis, and Auicen, doth re-  
poꝛt, eaten befoze Drinking time.

**John.**

What

Aristo. 3.  
perproble  
Auecen. 3  
can.  
Rasis. 3.  
alman.

What is Philopendula?

**H**umfrey.

It is an herbe hoate and drie, if it be sodden in white wyne & dronke, it drieth vp windy places in the guttes, & clefeth the raines in the backe and bladder.

**J**ohn.

What is Agremonte?

Dioscorides saith: that if this herbe with swynes greace be stamped together, and laid vpon an olde rotten soze being hoat, it hath vertue to heale it: the sedge of this herbe dronke with wyne, is good against the biting of Serpentes, stopping of the liuer, and bloudy flire.

**J**ohn.

Some men saie that the herbe Dragon is of great vertue.

**H**umfrey.

The iuice of it saith Dioscorides: dropped into y<sup>e</sup> ele, doth clense it,

Of philopendula.

The operation of Agremonte.

The vertue of Dragon.

## The Gouvernement

it, and geueth much might vnto the eyes of them whiche haue darke sightes, the water of this herbe hathe vertue againste the pestilence. If it be dronke blud warme, w<sup>th</sup> venis triacle, & sauoz of this herbe is hurtful to a womā newly conceiued with child. Plenij saith, that who so beareth this herbe vpon them, no venomous Serpente will do them harme. This herbe is hote and drye.

## Ihon.

There is a verie swete flower, called a violet, is it so profitable, as it is pleasaunt?

## Hunfrey.

The vertue of Violet

Simcon Sethi reporteth, that it doth helpe against hote inflammations of the guts, heade and stomacke, if the cause be of burning choller. Either the water or sirrop



sirrope, or conserue of the saide violets, either eaten or dronke, in the time of any hote passion. But vndoubtedly, it offendeth the hart, because of the coldnes, the sauour of the flowers be pleasaunte, the oyle that is made of this herbe, haue vertue to bring quiet slepes to them which haue greuous hote paine in the hed.

**Thon.**

**V** What is the vertue of the pleasant white Lilly?

**Humfray.**

**D**ioscorides saith, that the Oyle of Lillies doothe mollifye the Sinnewes and the mouthe of the Matrice, the Juice of Lillies, vineger and Honnye, sodden in a brasen Vessel, doth make an ointment to heale both newe and olde woundes. If the roote be rosted and stamped

*Of white lillies of his operation.*

with

## The Gouvernem ent

with Roses, it maketh a healing  
plaister against burning of fier:  
the same rote roasted, hath vertue  
to breake a Pestilence soze, ap-  
plied hoate vnto the soze place, &  
is drie in y first degre. The oile  
of water Lilies be moiste, suffe-  
rent against all hoate diseases, to  
anointe the ardent places, and  
doth reconcile quiet sleepe, if the  
fozehead be anoynted therewith.

John.

[A the time of the pestilence, my wyfe  
maketh me a medicine, of an herbe  
called Centauri, doth she well o? not?

Humfrey.

Of y ver-  
tue of Ce-  
tauryc.

PLini saith: that the Sirupe of  
this herbe dronke with a litle  
vineger and salte, doth clense the  
body: The leaues and flowers,  
be of great vertue, to be sodden &  
drenke against al rawe humo?rs  
of grose fleume, watry o? windy:  
it doth

it doeth clense, cruent, or bloudy matter within the bodie of men or women. The powder of this herbe is good in pessaries, for women, causing the dead childe to departe from the mother, and is holtsome against the pestilence, in the time of wynter, and is hoate and drie.

John.

**V**e beutifie and make pleasaunte our wyndowes with Rosemary, vsing it for small other purposes.

Humfrey.

**R**osemary is an herbe of gret vertue, hoate and drie, sodde in wyne, and drōke befoze meat, it doth heale the kinges euill, or paynes in the throte, as Dioscorides and Galen sayeth: the sauer of it doth comforte the brayne and harte: y flowers of Rosemary is an excellēt cordial called Anthos.

Of Rose  
marpe.

John



## The Gouvernement

**Jhon.**

**I**s pulial royal, an herbe of anye vayne  
lewe, or a weede of contemption?

**Humfrey.**

**The operation of  
Puliall  
royal.**

**I**t is an herbe of muche vertue  
and profite: hote and dry in the  
thirde degre. Dialsorides saith, if  
this herbe be sodden with hon-  
nye and Aloes and dzoucke, it  
wil clense the liuer, and pouрге  
the bloud: most chiefly it helpeth  
the lunges. Simeon Sethi saith, if  
wome dzinke it with white wine,  
It wil prouoke and cleanse the  
termes menstrual, and is a very  
hollsome pot herbe.

**Jhon.**

**What saist thou vnto Gullarde.**

**Humfrey.**

**The operation of  
Muste**

**P**linius dothe greatlye laud it  
sayng, that there is nothing  
that dothe pearse more swiftly  
into the braine then it doth. Ho

ny, vineger, and mustarde, tempered together is an excellent gargarisina to purge the head, teethe, and throte. Mustarde is good, againste al the diseases of the stomacke or lungen, winde, fleume, and rawnes of the guts, and conduceth meat into the body: prouoketh brine, helpeth the palsy, waisteth the quartaine, drieth vp moiste rumes: applied if plaster wise vnto y head. Honey and mustard helpeth the cough, and is good for them that haue the fallinge sicknesse, notwithstandinge the comon vse of mustard is an enemy to y eie. Many moze vertues haue I reade of mustarde, but the occasion of time hath vnhappilye preuenged, not onely my large discription of this: but also in manye other examples, whych heareafter,

## The Gouvernement

I entende largely to wyrite vpon  
it, it please God to permit me.

John.

What say that Buglos is very holsome.  
Humfrey.

The ver-  
tues of  
Buglos.

It is an herbe moste temperate  
betwene hoate and colde, of an  
excellent vertue, a comforter of  
harte, a purger of Melancoly, a  
quieter of the frenchie, a purger  
of the bzine, holsome to be drōke  
in wyne, but moste effectually  
in uze. Dioscorides and Galen, doeth  
greatly commende this herbe,  
that doth dayly expeziencce wel  
proue.

John.

What is thy mynde of swete Basell.  
Humfrey.

The ver-  
tues of  
Basell.

This herbe is warme in the sap  
conde degre, hauing the vertue  
of moistnes, and if it be sodd  
in wyne with Spicenarde, & drōke  
it



it is good agaynste dropſyes,  
windes, fleume, coldneſſe of the  
hart, hardneſſe of the stomacke,  
the ſauoure of Baſill, doth com-  
fort the braine, and hart, the uſe  
of this herbe in meates, doth de-  
cay the ſight.

**Thon.**

The plaine people of the country will  
ſay, that thoſe flowers which be plea-  
ſant in ſmellinge, be often times un-  
holeſome in working, the roſe is plea-  
ſante in ſence, what is it in vertue?

**Humfray.**

**I**t hath an odour moſt pleaſant &  
hath vertue to cole and binde.  
The water is good to make Ma-  
nus Chriſte, & many other good-  
ly cordialles, Roſes and vineger  
applied vnto the foreheade, do  
bringe ſlepe: conſerue of Roſes,  
do haue vertue to quench burning  
tholler, and to ſtay the rage of a  
it

The ver-  
tue of  
Roſes.

**M. i.** hote

## The Gouvernement

a hoothe feuer, oyle of Roses, Vi-  
neger, and the white of an egge,  
beaten together, doth not onlpe  
quenche *sacra ignis*, but also bring  
a madde man into quietnesse, if  
hys foreheade be well annoin-  
ted therewith, after the recept of  
Pilles of chochi, in the time of  
the pestilence, there is nothinge  
more cōfortable then the sauor  
of Roses.

**John.**

What saist thou of Sauerp.

**Humfrey.**

The ver-  
tue of Sa-  
uerp.

It is hote and dry in the thirde  
degree, if the greene hearbe be  
sodden in water or white wine  
and dronke, these be his vertues  
to make the liuer soft, to cleanse  
dropies, coulde choughes, clen-  
seth womens diseases, and sepe-  
rateth the deade childe from the  
mother, as Dioscorides and Galen  
saith

saith, also Germander is not much  
vnlike the vertue of this herbe.

John.

**B**ut for troublinge of you, I woulde  
be glad to knowe youre minde of  
Time, and a fewe of other hearbes.

Hunfrey.

**I**t is behamente of heat with  
driuesse in the thirde degree.

The vertue  
of  
time.

Diascorides saith, if it be dronke  
with vineger and salte, it pour-  
geth fleume, sodden with honny  
or meide, it hathe vertue to  
cleanse the lunges, breaſte, ma-  
tric, rains and bladder, & killeth  
wormes.

John.

**W**hat saiste thou of Parslye and  
Sarisrage?

Hunfrey.

**T**hey haue vertue to breake  
the stone, Parslye is hote in  
the seconde degree, and drye in

M.ii.

the



## The Gouvernement

The vertue of  
Perslye &  
sarisfrage

the myddest of y third. The sedr  
dronke with whyte wine, pro-  
uoketh the menstruall termes,  
as Dioscorides saithe: also smal-  
ledge hath the like vertue.

**John.**

What is thy iudgements of Li-  
uerwozte?

**Humfrey.**

The ver-  
tue of Li-  
uerwozt.

It hath the vertue to cleanse and  
coole. Dioscorides saithe, it dothe  
heale the woundes of the liuer,  
and quenicheth the extreme heat  
thereof, tempered with honnye  
and eaten, dothe healpe a disease  
called regius morbus, and pains of  
the throte and linges.

**John.**

What is Wottony.

**Humfrey.**

The ver-  
tue of  
Wottony.

They be of diuers kindes Leo-  
nardus futchius doothe call the  
sweete Gilliuers by the names  
of

of Bettonye, but the one semeth  
to talcke of that, whiche is com-  
monlye knowne of the people,  
called the lande Bettony, which  
hathe the vertue to kill wormes  
within the bellye, and healepeth  
the quarteine, cleanseth the ma-  
trix, and hathe the vertue to  
heale the bodye within. If it be  
bruised, it is of greate effecte, if  
it be sodden with wormewodde  
in white wine, to purge fleume,  
and is hote in the first degre, Dri  
in the seconde.

### John.

I haue harde small commendacions  
of Beetes.

### Humphrey.

They be of two kindes, and  
be bothe prayse woorthye, Si-  
meon Sethi, wyrteth that they be  
hoate and dyed in the thirde de-

The ver-  
tue of  
Beetes.

M.iii.

gree

gre, y white Beete is y best, they  
haue vertue to cleaue, as niter  
hathe but hathe euill Iuse, the  
iuse of this herbe with honnye  
applied into the nose, do pource  
the head, it is a holesome hearbe  
in pottage, if it be well sodden, or  
elise it is noysome to thee Sto-  
macke. If it be parboyled and  
eaten with Vineger, it is good  
against the stoppinge of the li-  
uer. Notwithstandinge the iuse  
of this hearbe, do stop the belly,  
being simply taken.

John.

What is Maidenbeare?

Humfrey.

The ver-  
tue of mai-  
den beare

It is an hearbe betwene hoot  
and dry, if it be sodden in wine,  
it breaketh the stone, it cleaueth  
the Matrice, bryngeth do bone  
the secondes, as Dioscorides and

Galen



Galen saith, the best dothe growe  
vpon harde rockes.

Thon.

What is Mellilot?

Hunfrey.

It hath the vertue to ripe, and  
is moze hotter then cold, Mel-  
lilot, fler seede, Rose leaues, Ca-  
pher and womans milke tempe-  
red together, doth make a good-  
lye medicine against the hote in-  
flammation of the eyes. If this  
herbe be droncke wyth wine, it  
dothe molifye the hardnesse of  
the stomacke and liuer, the most  
excellente plaister agaynste the  
paines of the splen, dothe Mesue  
discribe, which is made of Mel-  
lilotte.

The vers  
of mellilot

Thon.

Be pease and Beanes, ane thinge  
beneficial to nature:

Hun-

The opera-  
tion of  
pease and  
Beanes.

**B**Eanes be more groaser and fuller of wind then pease be, & maketh euell matter, except they be wel sodden and buttered, and be eaten, with the whitest & sweetest Onions that maye be gotten. Because they be harde of digestion: howe be it, they doe make fatte, and partlye cleanse, yet they are not to be compared wyth tender white peasen well sodden and buttred, or els made in pottage with garden mintes and grose pepper, whiche haue vertue to cleanse the raines of the backe and bleddet. Lin- telles bee of the same vertue. Barlye beyng cleane hulled and sodden wyth mylcke cleane water & suger, maketh a very comfortable & holsome pottage,

foz

But hus-  
tels and  
tares be  
Mclan-  
choly.

for hoate chollericke persones or  
younge people. And of this is  
much used in the North partes  
of Englande, and is called bigg  
kele.

John.

What be the vertues of the leekes &  
rootes of Radishe, Turneps, Par-  
sneps, Kapes or Paues:

Humfrey.

Leekes be euil, engender paine  
full sleepe: but eaten with ho-  
ney, then they purge bloude, but  
rootes eaten rawe, breedeth yll  
juice, therfore being first sodden,  
and the water cast away, & then  
sodden with fatte mutton, or ten-  
der fatte bief, these rootes noy-  
meth muche. Kapes, & Paues,  
be voyndy: Turneps, causeth one  
to spitte easely that haue corrupt  
stomakes, but maketh rawe iuce.  
Carettes do expulse wynde: Ra-  
dishe

Leekes &  
and their  
proper-  
ties.

Of the  
vertues  
of radish  
with o-  
ther  
rootes.



dith rootes prouoketh byrne, but  
 be very euill for flegmaticke per-  
 sons, hauing greif in their bones  
 or ioyntes, and must be eaten, in  
 the beginnyng of the meale, as  
 Galen sayth, but many do vse the  
 in the ende of meales, & fynde ease  
 as sir Thomas Eliot that wo-  
 thy knyght and learned man re-  
 porteth in hys good booke called  
 the Castel of health. And thus I  
 doo conclude of those herbes and  
 rootes that I haue writtē vppō.  
 Admonishyng thee, that herbes  
 pulis, and rootes bee all wyndye,  
 engederers of melancholly, & in  
 grossers of the bloude, except let-  
 tis, bourage, & purslen. Therfore  
 the grose binding together & see-  
 thyng of herbes in brothes & pot-  
 tage, bee moze holsomer then the  
 fyne choppyng of them. Thus  
 John I haue declared vnto the,  
 the

Galen de  
 alimen.

Herbes in  
 gedereth  
 melanco-  
 ly.

the vertues of certayne herbes,  
 which if thou wylte followe, and  
 obserue my rules in the, I doubt  
 not, but thou shalt receiue much  
 profyt therby. I would haue al-  
 so taught the some pretie wayes  
 of Distillation of Waters, but  
 am preuented therein, and I am  
 glad therof. Forasmuch as thou  
 shalt see very shortly, booth The-  
 aurus Eupnomi and Vlstadius  
 which be excellent learned men in  
 y Science, wherin I am sure  
 you wylt much delite. For I en-  
 ure the, the lyke bookes neuer  
 were sett furth in our mother  
 tounge, with the lyuelye  
 fashion of the furna-  
 ces, and also of the  
 Stillitozies.

**John.**

What will digest and purge chol-  
 le, Fleume, and Melancoly, prouoke  
 ernutaciō, and stoppe Flres, tel me:

Hunt

Vulstadi-  
 us.

Thesau-  
 rus Euo-  
 no mij.

# C Hufrey.

**E** Polue,  
Purleyn,  
Poppy,  
Sorell,  
Mercury,  
Lyuerwort  
Till hage,  
Telantes,  
Larmeryndes  
The foure cold  
seedes of gour-  
des and Cucu-  
bers.

Sanders,  
Buttermilke,  
oz the milke  
which cometh  
of the pressing  
of the cheese.

**M**anna. 6.  
Māmes.  
Kubarbe. ii.  
Māmes oz. iii.  
but put into in-  
fusion from. v.  
to. vii.

Pilles of aloes  
Wylde hops,  
Syrup of  
wormwoode.  
Syrup of le-  
mito:z.  
Diapazines.

**P** Malhall,  
Pyntes,  
Betony,  
Egrymony,  
Bugwort,  
Hony,  
Pepper,  
Hyssoppe,  
Pimpernel,  
Tentper berrie  
Pepper.  
Finkel,  
Persely rotes,  
Smallage.

Ag-

Things  
to disge st-  
choller.

Topurge  
choller.



**A** Carlek in-  
fused frō. ii  
to. v. drammes  
Sticans,  
The myrabo-  
lanes of al the  
kyndes.  
Polipody of p  
oke.

Centoꝝ.  
Hozbound,  
Mayden here.

**E** Lebecus  
Piger.  
Capers,  
Lapis Lazule.  
Sene of Alexā  
der.

Rozage,  
Hartes tonge,  
Hony sodden  
in swete wine  
Sanoꝝ,  
Tyme,  
Crosse of cap

Good  
things to  
prouoke  
vntne.

Comfoꝝ  
ters for y  
bapne to  
smell vpo

pers, of Colo-  
quintida, and  
of wormwood.

**P** Erue,  
Tyme,  
Sacrifage,  
Cassa fistula.  
Kammes  
Kadir,  
The fleshe of  
an hare,  
Willes of Ty-  
ribenthen.  
Mayden beare  
The beris of  
the Egientyn.  
Wormseede.

**R** Oles,  
Violettes,  
Yellouers, in  
sommer, but in  
winter Cloues  
Spike,  
Muske,  
Amber grette.

# The Gouvernement

**Thynge**  
good to  
stope fire

**Sinaber** called  
dragons blood.  
Sloes o; there  
decoction.

**Sinamom.**  
**Boolearmont.**  
ak.

**Red wine.**  
**Planton.**  
**Olibanum.**  
**Hard egges.**  
**Hard chese** scraped  
in red wine  
and drinke.

**Thynge**  
good to  
prouoke  
flamut a  
tion o;  
neefing.

**Good to**  
fortters  
for hart

**Betony** le  
pzinrose ro  
moderately  
sed.  
**Eleborus** al  
and **Ginge**

**Muske.**  
**Ambergree**  
**Rosis,** **Per**  
**Maces.**  
**Diamuschi**  
**cis diambra**  
**The floures**  
**Rosemary**  
**Putmegge**  
**Spiknard.**  
**Galanga.**

**John.**

**VV**hat be the vertue of Dates  
Figges.

**Humfrey.**

**Of figges**  
and dates **S**eraphio saithe, that the Date  
whiche be preserved with sugar

be good. The crude raboe Date  
 dothe califie the body, and dothe  
 conuert quickly into choller, it is  
 not good for the hedes of the hot  
 people, ill for the throte and stop-  
 peth the lyuer, and maketh the  
 teeth rotten, but if they bee cleane  
 billed and the inward rinde take  
 away, they do greatly nourishe, &  
 restore, beeyng sodden in steved  
 broth they bee of dyuers kindes  
 in quantitie and qualitie, but ge-  
 nerally hote & moyste in the se-  
 cond degree. Figges as Hippocra-  
 tes sayeth, the best be white the se-  
 cond be red, the third be black, the  
 ripest be the best & amongst all  
 cutes doth most nourishe, prouo-  
 keth sweat, because it doth purge  
 superfluitie of humers through  
 skinne, it doth engender lice, they  
 be hot in the firste degree, and the  
 new figes be moist in y<sup>e</sup> second, the  
 seedes

Rasusin. 3  
 alman.  
 Halia in. 5  
 Theori.  
 Ra. Moys  
 ses.

Hi. 2. can.  
 c. ccviii.



## The Gouvernement

seedes and the skyn of the fyg, be not greatly comēded: figges and Almōdes, eaten of a fasting stomake, be veri holson to make the way of good digestion, but best if they be eaten with nuttes. Figges and herbe grace, stamped together, be very holson to be eaten against the pestilence. Rosted figges beaten together, and hote applied vpon the pestilence soze, doth drawe, molifie, & make rype the soze. And to the lunges, liuer, & stomake, figges be very cōfortable, as Galē saith.

Galen de Alimen.

¶ John.

What be Peares?

¶ Humfrey.

The operation of Peares.

They be of diuers kyndes heruiuer then Appels, not good vntill they bee verpe rype, onles they be tenderly rosted oz baken, and eaten after meales.

There

there is a kind of peares, growing in the City of Norwich, called the blacke friers peare, very delicious and pleasaunt, and no lesse profitable vnto a hote stomacke, as I hard it reported by a right worshipful Whisition of the same Citie, called Doctoure Maseilde, which said he thought those Peares without all comparison, were the best that growe in any place of Englande.

John.

What saist thou of Apples.

Humfrey.

Apples be very cold & windey, hard to digest ingenderers of euill bloude, hurtfull to flegmaticke people: good to cholericke stomackes, if they be thorough ripe, but best if they be roasted or baken, and eaten with grose pepper to bedwarde, they

Blacke  
friers  
peares

The operation of  
Apples.

## The Gouvernement

be of many kyndes, as the Costard, the grene coate, the pippē, the quene apple, & so furth: The distilled water of apples, Campher, vineger, & milke, is a good medicine to anointe the faces of chyl dren þ haue the smal pockes: when the said pockes be ripe, to kepe their faces from eres: prouided that the saide chyl dren haue geuen them in their milke, saffron or Methridatum, to expell the vermin and kepe them frō the aire, during the saide sickenesse.

A medycine for the small pockes.

Thon.

What be pechis?

Hunfrey.

The operation of Peaches.

The leaues be hoate, for if they be stampēd in platsterwoyle and applied vnto the belly, they kill wormes: The fruite is cold, & very good to the stomake, they be good



good to be eaten of the that haue  
stinking bꝛethes of hoat causes:  
eatē of an emptie stomake which  
is Galens counsell, whiche saith:  
if they be eaten after meate, they  
dore corrupte bothe in them sel-  
ues and the meates lately eatē:  
and they be bynders of the belly.  
But Quinces be molte comfor-  
table after meate, for they do en-  
close the stomacke, and letteth  
vapors to ascende into y<sup>e</sup> braine,  
and stoppeth vometes: They be  
holosome for sicke folkes that be  
swelled in the bodie. Eaten  
with the grosse pouders of Gal-  
langa, Spickanarde, Callamus,  
and Ginger, and maye be eaten  
before meate of the sayde sicke  
paciētes, as well as after meate.  
But muche vse of them, be not so  
profitable as delectable, to the  
eaters of them.

## The Gouvernement

**John,**

**What be Quinces?**

**Humfrey.**

The operation of  
Quinces.

Isaac in.  
perticu.  
die.

If thy stomacke be verye hoate  
or moist, or thy belly laxative  
then Quinces be good to be eaten  
before meate, beinge roasted  
or eaten cold, and in this case the  
tarter be the better, and Pom-  
granets be of the same vertue,  
as Isaac saith: but eaten after  
meate they do enclose y<sup>e</sup> stomack,  
and moist the belly, they oughte  
not to be vsed in commō meates  
the custome of them hurteth the  
sinnewes, but in the way of me-  
dicure they be excellent, and the  
cores being taken oute and pre-  
serued in honnye, or kepte they  
musse lege. Then they may long  
continue to the vse of roasting or  
baking, for they be perelous to  
the stomack eaten raw. But pre-  
serued

serued they do mightely preuail  
againste Dronckennesse, they be  
colde in the first degree, and dry  
in the beginninge of the second.

**John.**

What be Cherries?

**Humfrey.**

The tart cherries vndoubtedly  
be more holesomer then the  
swete, and eaten befoze meat, do  
mollify the belly, prepare diges-  
tion, and they be most excellent  
againste hote burninge choller,  
thei be good also after meat, and  
be of manye kindes, as blacke,  
red, & pale. The red chery part-  
ly tarte, is beste. Galen and Rasus,  
greatly commend this frute. In  
the country of Kent be growing  
great plentye of this frute. So  
are there in a towne neare  
vnto Norwich called Ketrein-  
ham, this frute is colde & moiste

The ope-  
ration of  
Cherries.

Galen de  
alimen.  
Ra. lib. 23  
cap.

R. iii.

in



The Gouvernement  
in the first degree.

¶ John.

What be the vertue of Grapes, Raisins, Prunes, Barberries, Dringes, and Medlers?

¶ Humfrey.

The good  
nes of  
Grapes.

Galen de  
alimen. 2.  
Rasis in. 4.  
alman. 20  
cap.

Hippocrates saith: that the white Grapes be better then the blacke, and holssomer when they are twoo or thre daies gathered from the vine, then presently pulled from it: And if they be sweete, they bee partely nutritiue, and warme the body. And vnto this agreeth Galen and Rasis, semeth to commende swete grapes aboue Daites, sayng: although they be not so warme, yet they dooe not stoppe the body, or make opilatio as Daites do. They be holssome to be eaten befoze meate, euen as nattes be good after fishe. Towarde the southe, and southeaste partes

partes of the world, there be many growing in diuers regions, wherof the wyne be made. The farther frō vs, the hoater wyne: There be very good grapes growing here in England in many places, as partely I haue seene at Blarhall in Snsfolke, where sometime I was nere kinsman vnto y<sup>e</sup> chiefe house of that toun. Raisins of the sunne be very wholesome, and cōforte digestion, but the stones & rindes would be refused, & then they be good for the splene & liuer. So be aligantes, Rasins doth muche cōmend thē, but vndoubtedly the small rasins be hurtfull to the splene. Prunes or damasins haue vertue to relaxe the belly, if they be sweete & ripe, but they do noy<sup>th</sup> very litle, but quenche choller. Grapes, rasyns & Prunes, Plūmes, & Sloes, if

they

Blarhall  
in svsfolke

Sweete  
Prunes  
be lara-  
tue but  
tarte prunes  
be bin-  
dinge.

**Oxiacantha.**  
called the  
Barbery.

**Mespila.**  
called the  
Medler.

**The operation of  
Capers.**

they be coluer, be all bineders of the belly, and so is the barbarie called oriacantha and Ozinges, except the said ozinges be condited with suger, and then they be good coolers against hoate chol-ler, whose rindes be hote & drye of nature. The frute called the medler, is vled for medicine and not for meat, and must be taken befoze meate prouoketh vrine, & of nature is stipticke.

**John.**

What be Capers and Olives?

**Hunfrey.**

**F**Reshe Capers be hote & drye in the seconde degree, and eaten befoze meates do greatly co-fozte digestion, and be the best thinges for the splene, or to clese melancholye that can be taken. prserued Olives in salt eatē at the beginning of meales, do greatli fortifye



fortify the stomack and relaxeth  
the belly, cleanseth the liuer and  
be hoate and drye in the seconde  
degree.

**John.**

I Beseeche the shew the opinion of the  
natures of some kinde of fleshe, and  
firste of the properties of Beefe.

**Humfrey.**

I wyl not undertake to shewe  
mine opinion : to thy request,  
but I wil declare the mindes, of  
some wise and learned men: and  
first of Simeon Sethi, which saith,  
that the fleshe of Oren that be  
yonge, do much nourish & make  
them stronge that be fed with  
them, but it bringeth melanco-  
ly, and Melancholius diseases,  
it is cold and dry of nature, and  
hard to digest, excepte it be of  
cholericke persones: but beinge  
tenderly sodden, it nourisheth  
much

Simeon  
Sethi.

## The Gouvernement.

Ra in lib. 2  
cap. 3.  
Auicen in  
2. lib. pri.  
cap. 15.

Flire.

Digestio

Much biese customably eatē of  
idle persons, and nice folks that  
laboure not, bringeth many dis-  
eases, as Rasis saith. And Auicen  
saith that the fleshe of Oxen or  
kine, be very grosse, ingendzinge  
ill iuse in the body. Wherof oftē-  
times come to scabbes, cankers,  
biles, but vnto hote strong, chol-  
lericke stomacks it is tollerable,  
and may be vsed as we haue the  
daile experience thereof. The  
broth wherein beise hath bene  
sodde, is good to be supped halfe  
a pint euery morning against  
flire of the bellye, and runninge  
forth of yelowwe choller. If the  
said broth be tēpered with salte:  
Mustard, vineger or garlick  
&c. Be commonly vsed for the  
sawles to digest biese withall,  
for the said sauces do not onely  
helpe digestion, but also defen-  
deth

defendeth the body from sundry  
inconueniēces, and diuers sick-  
nesses, as dropfies, quartens, le-  
proses, and such like. The gall  
of an Ore or a crowe, distilled in  
the monthe of June, and kept in  
a close glasse, doth helpe to close  
the eyes fro spottes, if you put a  
droppe of thys water wyth a fe-  
ther into thy eyes, when ye go to  
bed. The milke of a Bul dzyed, &  
the powder therof droncke with  
redde wine, wil stoppe the blou-  
dy flire. Lighte powdered yonge  
Beefe, is better then eyther  
freshe or muche powdered. In  
speciall ye those Cattell that be  
fed in fayre and drye Pastures,  
and not in stinckinge fennes.

The greate learned manne  
Gesnerus, in hys discriptyon of  
Beastes, dothe wyte moore of  
the

A medi-  
cine for  
eyes.

Conradus  
Gesnerus



## The Gonerment.

the bertues of bulles, oren, kine  
and calues, then any other hath  
done. And thus to conclude, the  
fleshe of the male beastes, is  
moze better then the female, and  
the gelded beastes be moze com-  
modypous to nature, then any of  
them. And the yong flesh moze  
commendable then tholde, for it  
is moze moist, and a frend to the  
bloud, as Haliabas saith, Roasted  
fleshe, dothe nourishe the bodye  
much, for it is warm and moist.  
Bake meats be very dry: Cleue  
boylde meates, wyth holsome  
herbes and frutes, be excellent  
to comforte the bodye, if they be  
nutramental flesh. Calues flesh  
do greatlye nourrish and make  
good bloud.

Thon.

Thou haste saide well of Biese, but  
what goodnesse maye be reported  
of

Hali. in. 5

The. ca. 4

of porke, I thinke verie little or no-  
thinge.

Humfray.

There be manye goodly com-  
modities in y<sup>e</sup> flesh of bozes.  
Felded swine and pigges, for  
they be good for mans nature.

Ihon.

For mans nature, that is maruel  
For howe can those be good for  
manues nature, whiche be so vile of  
their own nature. Where soule feeding  
of most stinking filth and carion. The  
noysome wallowinge in the mire and  
murt, the eating of their owne pigges,  
and oftentimes pulling childezen oute  
of the Cradle, for there dinners, if the  
good wife be not at home. Who is a-  
ble to beholde suche noysome spirites,  
or helhoundes: did not almighty God  
commaund the Iewes to eat none of  
them: and the Pachomites at this  
daye, w<sup>ch</sup> kill that man that eateth of  
their flesh, why should we then com-  
mend them: for they are most vile.

The de-  
scriptio<sup>n</sup> of  
swyne.

Hum-

## The Gouvernement

Humfrey.

floriba  
Coron.a

Isacke  
Galen in  
sec. comp  
Cap. iii.

Beastes  
haue no  
reason.

**A**ll the aunciente and wisest  
phisicians that euer were in  
this world, did all consente, that  
of all flesh, the flesh of yong gel-  
ded swine, partly saulted or pou-  
dered, was euer a meate of the  
best nourishinge moister, and col-  
der then other fleshe, for Isacke  
saith, it is a flesh very moiste, ex-  
cept it be the flesh of lambes, as  
Galen reporteth. Yet it is not good  
to euery complexion, nor euery  
age, but vnto youth and middle  
age. Wheras thou haste spoken  
against the vile nature of swine,  
calling them vnreasonable, thou  
dost vse more wordes then wit:  
for ther is no beast, y may be cal-  
led reasonable: but man onelye.  
And wheras God did prohibite  
the Jewes to eate swines flesh,  
it was a figure to abstaine from  
uncleane



uncleane things: which I leaue  
to thee Theologians. The Mahu-  
mites abhorre swines fleſhe, be-  
cauſe there dzoncken falſe pro-  
phet, and Pſevdo Apoſtle was  
tozne and rente in peeces wyth  
wine, being dzoncken & fallen in  
the mire. So the one muſt geue  
credence to tyme, and to learned  
diſciptions. The bloud of ſwine  
dothe nourriſhe muche, as it is  
uſed in puddinges, made wyth  
wheate Otmeale, ſwete ſewet, &  
ſpynnel, or Annes ſedes. Digges  
the berpe moiſt, therefore Sage,  
Pepper and Salte, do dze by  
the ſuperfluous humoures of  
them, when they be roſted. Thei  
are not hoſſom to be eaten before  
they be three weekes olde. The  
ſtripes and guttes be hoſſomer,  
and doth nourish better then any  
other beaſtes guts, or in meats.

Wakou

pudding  
of ſwine.

of ſwine.

## The Gouernement

Bacon is very hard of digestion, and much discommended, and is hurtfull. Onely vnto a boate chollericke labouringe body, the fleshe of a Boore, is moze hollesomer then the fleshe of any sow. The braines of a Boore, and his stones, or any part of the staped together, & laide warme vpon a pestilence soze, in the manner of a plaister, it wil breake it incontinent. Swines grease is very colde, and good to annointe burninge hote places of the bodye, or a disease called sancte Anthonyes fier, and thus muche haue I spoken of swine.

John.

I pray you tell me of the fleshe of the Hammes, weathers, and Lambes, and how profitable they are to mans nature.

Hum.

It plays  
flee.

**Humfrey.**  
**Simeon** Sethi faith, Lambes flethe  
 is partlie warme, but super-  
 fluous moist, and euill for fleg-  
 matick persons, and doth much  
 harme to them that haue the  
 droppe, bonache, or a disease  
 called Epiolus, whiche is splitting  
 of fleame like glasse. Therefore  
 if lambes fleth were sodden, as  
 it is roasted, it would bringe ma-  
 ny diseases vnto the body, with-  
 oute it were sodden with wine, &  
 some hote grosseries, herbes, or  
 rootes. When a weather is two  
 yeares old, which is fed vpon a  
 good ground, the flethe thereof,  
 shalbe temperate and nourrishe  
 much. Hippocrates saith, that the  
 lambe of a yeare olde, dothe no-  
 urishe much. Galen semeth not  
 greatly to commendutton,  
 but that whiche is tender, swete

Simeon  
Sethi.

Hip. in  
pri. doc  
cap. 15.

D. i.

and



XXXXX The Governement

nosmiz

21132

De al. lib  
tertio. 3.

and not olde, is very profitable,  
as experience and custome, both  
dailie teache vs. The dounge  
Callowe and wold be very pro-  
fitable in Medicines, as Plin-  
saythe: And Conradus Gesnerus, de  
animalibus, and Galen in his third  
booke, de alimentis,

John.

What is the fleshe of Gotes or kids.

Humfrey

They be beastes verpe hurt-  
ful vnto yong trees & plats,  
but Simeon Sethi saithe, that kids  
Fleshe is of easpe digestion, in  
healthe and sickenesse, they be  
verpe good meate. They be drye  
of nature. Hipocrates saith. It be-  
houeth that the conseruers and  
keepers of healthe, do study that  
his meate be such, as the fleshe  
of kiddes, yonge calves, that be  
luckinge, and Lambes of one  
yeare

in ter. xii.

doc. lecti.

Capt. vii.

peate olde. For they be good for  
 them that be sicke, or haue euell  
 complexion. Haliabas dothe  
 saye, that the flesh of kiddes do  
 engender good bloude, and is  
 not so flegmaticke, watery, and  
 moiste, as the flesh of Lambes.  
 They remaine kiddes for fixe  
 monethes, and afterwarde co-  
 meth into a graser, and hotter  
 nature, and be called Goates.  
 The flesh of them that be yel-  
 low is holson to eat, the things  
 of them eaten before a man doe  
 paine, dothe defende hym that  
 paye from dronkenesse, as  
 haue red in the reportes of lea-  
 ned men. But the flesh of the old  
 or male goates be ill, and in-  
 gender the Agues or feuers. If  
 the brine of goates be stilled in  
 with sorrel, the water of  
 is not hurtful nor noisome.

Hali in  
 quinte  
 theori.  
 Capit. 2.

## The Gouvernement

but whome soeuer vse to drinke  
therof two drammes moze and  
eveninge, it will preserve hym  
from the pestilence. The milke  
of Goates I wil describe in the  
place of milke.

Thon.

**V** What is the fleshe of Bead and  
fallowe Deare.

Humfrey.

**M**ore pleasaunte to some, the  
profitable to manye, as ap-  
peareth once a yeare in the coze  
fieldes, the moze it is to be la-  
mented. Hippocrates and Simeon  
Sethi, do plainely affyrme the  
fleshe of them to engender euil  
use, and Melancholye cold dis-  
eases and quarteyns, the fleshe  
of winter deare, do lesse hurt the  
bodye, then that which is eaten  
in Sommer. For in Wynter

Hippo.  
Simeon  
Sethi.

Ras.ala.  
Cap. 3

mans



mans digestion is moze stronger, and the inwarde partes of the bodye warmer, and may easely consume groole meates, then in Sommer, as we see by experience. In colde weather & frostes healtful people, be mozte hungriest. The lunges of a dere sodden in barlye water, and taken fourthe and stamped with penedice and Honye of equall quantitie to the saide lunges, and eaten a moznynge, dothe greatlye healpe olde coughes, and dzinesse in the lunges.

There be many goodly vertues of theyr hornes, bones, bloude and tallowe.

**Thon.**

**V** What is the properties of Hares and Conies flesh?

**D. iii.**

**Hum.**

**Avi. in. s.**

**Can. cap.**

**146.**

## The Gouvernement

Humfrey.

Aui.in.2.  
Can.cap.  
46.

A medicē  
for bloudi  
eyes.

A Wisen saith, the fleſhe of  
Hares, be hooted and dryed  
ingenderers of Melancholye,  
not praiſed in Phiſicke for meat  
but rather for medicine. For in  
dede, if a Hare be dryed in the  
moneth of Marche in an Oven  
or furneyſe, and beaten into  
pouder, and kept cloſe, & dronke  
a morninges in Beere, Ale, or  
white Wine: it wyll breake the  
ſtoane in the bladder, if the pa-  
ciente be not olde. If childrens  
gummes be annointed with the  
braines of an Hare, their teethe  
wyll eaſelye come forth and  
growe. The gall of an Hare  
mingled with cleane hony, doth  
cleanſe waterye eyes, or redde  
bloudye eyes. The fleſhe of  
Hares muſte be tenderly roſted,  
and well larded and ſpiced, be-  
cause

cause of the grossenesse, but it is better sodden. The fleshe of Conies are better then hares flesh, & easyer of digestion. But rabbits be holsonier. And thus to conclude of Conies, experience teacheth vs, that they are good, they be cold and dry of nature, and small mention is made of them, amonge the auncient physicians, as Galen saythe. I neede not to speake verve longe of euery kinde of beastes as some of the beastes that be in Hiberia like little Hares. whyche be called Conies.

Galen in.  
iii. de ali.  
Capi. 1.

**Thon.**

If the olde and ignoraunte menne of Conyes, whyche were seene in the nature of manye other beastes, that hadde dwelte in diuers places of



places of Englande they should haue  
knowne them righte well: And per-  
happes receyued of them as small  
pleasure, as manye husbande menne  
haue founde profite by them in theyr  
Cozne. Nowe then haue well satis-  
fied me of the foue noted beastes, whiche  
the commynge Englishe menne fe-  
deth vppon. Nowe I praye they  
tell mee some of the vertues of foules  
and firste of Cokes, Capones and  
Hennes.

**Humfrey.**

**C**hickens of Hennes, saithel  
Auenzoar, is mooste commen-  
ded, and mooste laudable of any  
fleshe, & nourrissheth good bloud  
It is lighte of digestion; and  
doth comfort the appetite, cokes  
chickens, be better then hennes,  
the capō is better then the cock,  
they

Auenz.  
lib. pri.

day dooz augmente good blond  
 and feede, as Rasis reporteth, and  
 experience proueth in men, both  
 whole and sicke. An olde Cocks  
 whiche is well beaten after his  
 feathers be pulled of untill he be  
 all bloudy, and then cutte of his  
 head and drame him, and sethe  
 him in a close pottle with fayre  
 water, and whyte wyne, fenyll  
 rootes, Burrage rootes, Violet,  
 Planten, Succory, and Bugloss  
 rones, Dates, Dates, greate  
 Rayling, Dates, and Sugar,  
 put in the mary of a Calfe, and  
 anders. This is a mooste excell  
 ent broth to them that be sicke,  
 weake, or consumed. The braines  
 of hennes, capons or chekens, be  
 wholesome to eate, to comforte the  
 braine and memory. And thus to  
 conclude these forsaide fowles,  
 be better for idle folkes that la-  
 bour

Rasis in  
lib. 4.

Afforis.

*Not  
whilst  
living  
I hope!*

*in a close  
pottle  
of water  
and whyte  
wyne*

*in a close  
pottle  
of water  
and whyte  
wyne*

The Gouvernement

bourne not, then for them that be  
exercise or travel, to whom grosse  
meates are more profitable.

**John.**

What is the properties of Geese

**Humfrey.**

**V**ylde gyse and tame, their  
flesh be veri grosse and hard  
of digestion, as Auicen saith  
The fleshe of great foules and of  
geese, be slowe and hard of diges-  
tion: for their humiditie, they do  
breade feuers quickly, but their  
goodlynge or yonge geese, being  
fatte, are good and much comen-  
ded in meates. And Galen saith  
that the fleshe of foules be better  
then the fleshe of beastes.  
But vndoubtedly geese, mallard  
perocke, swane, and euery fowle  
hauing a long necke, be all hard  
of digestion, and of no good co-  
plexions. But if geese be well ro-

Auicen. in  
2. Cano.  
Cap. 46.

Galen in  
lib. 3. de  
alimen.

Of great  
foules.



sted and stopped with salte, sage,  
pepper, and onions, they will not  
hurte the eaters therof. There  
be great geese in Scotlād, which  
bredeth vpon a place called the  
Basse. Ther be also Bernacles,  
whiche haue a straunge genera-  
tion as Gesnerus saith: and as the  
people of the Northe partes of  
Scotlande knoweth, & because  
it should seme incredible to mani-  
fol wil geue none occasiō to any,  
either to mocke or to meruaile.  
And thus I geue warninge to  
them whiche loue their healthe,  
tho haue these forsayd foules som-  
ewhat poudred or stopped with  
salte, all the night, before they be  
rosted.

John.

pray the tel me of y flesh of Duckes?

Humfrey.

They be the hoatest of all do-  
mestical, or yard foules, and  
uncleane.

bricleane of feeding: notwithstanding, though it be harde of digestion and marueilous hoate, yet it doth greatly norriche the body and maketh it fatte. Hippocrate saith: they that be fedde in puddles & foule places, be hurtfull; but they that be fedde in houses, penne or coopes, be neutrall, but yet grosse, as Isack saith.

Hip. in 2.  
can. ca. 46

Isack. in.  
vii. ca. 16.

Jhon.

What be Pigiōs, Turtles or Doves?

Humfrey.

The flesh of Turtles be meruailous good, and equall to to the beste as Auicen saith: They be best when they be yonge and holosome for flegmaticke people. Simeon Sethi saith: the house dove is hoater then the field dove, and doth engender grosse bloud. The common eating of them is ill for cholleticke persones with read faces,

Auicen.  
in can.  
de ca.

faces, for feare of Leprosie: ther-  
fore cut of the feete, wynges, and  
head, of your Pigeons or Doves,  
for their bloud is that whiche is  
so benemous: they be best in the  
spring tyme, and heruest. And  
black saith, because they are so  
pyghtly conuerted into choller.  
They did commaunde in the old  
time, that they shoulde be eaten  
with sharpe Vineger, Pur-  
sley, Coucombers, or Sitron.  
Roosted Pigeons be beste. The  
bloud that commeth out of the  
right wyng, dropped into ones  
eye, doth mightely help the eye, if  
it swelleth or pricketh. And thus  
much haue I spoken of Pigeons,  
or Doves. Ihon.

What is the Flesh of Peacocks?

Humfrey.

Imeon Sethi saith: it is a rare  
flesh, and harde of digestion,  
onles

Isaac. in  
lib. dicta:  
Cap. 16.

Roosted pi-  
geons be  
beste.



Hali.in.5.  
Retho.  
cap.23.

onles it be very fatte. But if it be  
fatte, it helpeth the Pluresie. Ha-  
liabas saith: that both Swannes  
Cranes, Decockes, and any  
great foules, muste after they be  
killed, be hanged up by þ necks  
two or thre daies, with a stonne  
waiping at their feete, as þ wea-  
ther will serue, and then dressed  
and eaten. Provided that good  
wyne be dronken after them.

John.

What is the fleshe of Cranes?

Hunfrey.

Simcon  
Sethi.

Simcon Sethi saith: their fleshe  
is hoate and drie, the yong be  
good, but the old encreaseth me-  
lancoly, they dooe engender seed  
of generation, and being tender-  
ly roasted, doth helpe to cleare the  
voice, and clesse the pype of the  
luniges.

John.

What

What is Swan:

**Humfrey.**

**E**very grose foule is chollericke, harde of digestion: the Signetes be better then the old Swānes, if their Galantines be well made, it helpeth to digeste their fleshe.

**John.**

What is the fleshe of Herons, Wytters, and Shouellers:

**Humfrey.**

**T**hese foules be fishers, and be very rawe, and flegmaticke, like vnto the meate wherof they are fedde: the young be best, and ought to be eaten with pepper, Symmamon, Sugar, and ginger, & to drinke wyne after for good digestion: And thus do for all water foules.

**John.**

What be partridges, Pendants quails, Larkes,

Larkes, Sparrowes, Plover, and bla  
Birdes:

**Humfrey.**

Auicen.

Rafis in. 3.

alm. c. 10.

Ra. in lib.

4. affo.

Partriches doth bynde the be  
ly, and doth nozrythe much  
The Cockes be better then the  
Heune birdes, they dooe drye  
fleume and corruption in the sto  
macke. Feasantes, is the best  
al flesh for his sweetnes, is equa  
vnto the Capd oz Partriche, bu  
he is somewhat drier. And Ra  
sayeth: Feasantes flethe is good  
for the that haue y feuer. Chike  
for it is not only a meate, but  
medicine, and doth cleane corrup  
humers it the stomake. Quails  
although they be eaten of man  
yet they are not to be commended  
for they do engender agudges,  
be euill for the falling sicknes  
For as Conciliatur saith: of al  
foules that be vled for meate

it



it is the worst. Dioscorides saith: that Larkes roasted, be holsome to be eaten of them that be troubled with the chollicke. Blacke birdes taken in the time of frost, be holsum and good of digestiō: The donge of Black birdes tempered with vineger, and applied to any place that haue the blacke Morphewe, or black Leprosie, often tymes annointed with a sponge doth helpe the. The flesh of Plouers doeth engender melancholy. Sparrowes be hooft, & prouoketh venus or lust: Plinii doeth discribe their properties: the braines be the beste parte of them. Woodcockes be of good digestion and temperate to feede upon. All smal birdes of y<sup>e</sup> field, as Robbin read brest, Lynettes, finches, red Sparrowes, Gold wynges, and suche like, if thei be

P. j.                      fatte

The properties of small birdes.

Plinii. lib  
ii. Cap. 36.

## The Gouvernement

fatte, they be marueilous good,  
and doth greatly cōforte nature,  
either roasted or boyled, and thus  
do I cōclude with the of birdes.

**John.**

I hartely thanke thee, gentle maister  
Humfrey: for thy paines takinge in  
these thy rules vnto me, concerning the  
proper vse of beastes, and foules, in  
meates. I would be glad to knowe the  
vertues of some fyshes?

**Humfrey.**

In many places of this world,  
where adiacent vnto the occiente  
seas, the people liue there, most  
chiefly by fishe, and be right strong  
and sound people of complexion,  
as Aristotel saith: Consuetudo est ratio  
quam altra natura. Custome is like  
vnto another nature, but because  
I speake of fishe, I will deuide  
them in thre partes. First of the  
fishes of the sea, secondly the fishes  
of freche

Aristo in  
proble.

of freshe running riuers, thirdly Of sea  
of the fishes in poles & standinge Eische.  
waters. The Sea hath manye  
grose and fatte fyslthes, which be  
noysome to the stomacke, but the  
smaller kind of fishes fyfede about  
rockes & cleare stony places, bee  
more drier and lesse of moistnes,  
then the fresh water fishe, & doth  
engender les fleume and winde,  
by the reason of their salt feeding  
as Galen saith: they be the beste Galen de  
fishes that feede in the pure sea: tuen,  
and chiefe st of all fishes for the  
steele of mankinde. But Haliabas Hali.in  
saith: new fishe lately taken, is quin, the  
colde and moist, and flegmatick, Capit. 25.  
but lesse of all the Sea fyslthe.  
like fyslthe that swymmeth in freshe  
cleare Ryuers, or stony places,  
where as the water is sweate,  
theynge fyslthes that beare scal-  
les, bee meruaylous good.



## The Gouernement

If they feede neare vnto places  
where muche filthe is daily caste  
out, there the fishe be very cor-  
rupt and vnholosome, as the said  
Haliabas saieth: Fyche that fedeth  
in fennes, marisces, diches, and  
moddie pooles, be very vnhol-  
some, and do corrupt the bloude,  
they be grosse & slymy, corrupt &  
wyndie. But those fishes that be  
fed in fayre pondes, wherein two  
running waters may ensue, and  
where as sweate herbes, rootes,  
weedes, that groweth about the  
bankes, doth feed the fishe: those  
fishes be holosome. Galen saieth  
fishes þis whyte skalled, harde  
As perches, Cheuiens, Ruffes,  
Carpes, Breimes, Roches,  
Troutes, &c. be al good. But vn-  
skaled fishes, as Eales, Ten-  
ches, Lampreis, and suche like,  
be daungerous, onles they bee  
well

Best fe-  
ding for  
fishes.

well baked or roasted, and eaten  
with pepper, ginger, & vinegar:  
And note this, that it is not hol-  
some traveling, or labouryng,  
immediatly after the eatinge of  
fyshe, for it doeth greatly cor-  
rupte the stomacke, and as Galen  
saith: the nourryshmentes of  
fleshe is better then the nourris-  
mentes of fyshe: And thus much  
generallie I haue spoken of fish.

### Ihon.

And thus it semeth by thy wordes  
that great fishe that be deuourers  
in sea, as Seale and Purpos, and such  
like, be vnholosome, and that the smal-  
ler fishes, as Codlinges, Whitinges,  
Plaices, Smeltes, Buttes, Solles, pike  
Perche, Breime, Roche, Carpe, and  
such as fedeth in cleane stony waters:  
thou sayste they be holosome, Eales,  
Lampreys, and other muddy fyllhes,  
thou doest not greatly commend.

P.ij.

There

To labor  
sone after  
the eatinge  
of fische, is  
hurtfull.  
Galen.

Epie fat,  
fische be  
groose  
fode.

## The Gouvernement

There be some kyndes of fysh soft and harde, whiche be the beste:

**H**umfrey.

The elec-  
tion of fish.

If fysh be softe, the eldest fysh is the best: If fysh be harde the yongest is best, for it is either soft or hard. Of harde fish take the smallest, of softe fysh take the greatest: Provided that your fysh be not very stumy, and thus sayeth Auicen in hys booke of fyshes.

Auicen  
cap. de  
piscibus.

**J**hon.

I pray the tell me some thyng of shell fyshes:

**H**umfrey.

Crenises  
and crabs

**C**rauises and Crabbes, be very good fyshes, the meate of them doth helpe the lunges, but they be hurtfull for the bladder, yet they wyll engender seade. If Crabbes of the freshe water be sodden in pure grene Oyle oline: this Oyle dropped into the eare  
luke



like warme, dooeth heale hoate  
burning obstructions, and stop-  
pinge matter that hindzeth the  
hearynge. As for lempetes, Coc-  
kles, Scallapes as Galen saith:  
they be harde of digestion, mus-  
kels & oysters wold be wel boiled  
rosted, or baken with onions,  
wine, butter, suger, ginger, & pep-  
per, or els they be very wyndy &  
flegmatike. Chollerick, stomaks  
may wel digest raw oysters, but  
they haue cast many one away.

Galen in  
libra de a-  
limento,

**Ihon.**

What is the vertue of Oyle:

**Humfrey.**

**G**reene oile of oliues, is y<sup>e</sup> mo-  
ther of all oiles, which doeth  
drawe into her owne nature the  
vertues of herbes, buddes, flo-  
wers, frutes, and rootes. Sweete  
sallet oyle is hollesome to digeste  
colde herbes, and sallets, tēpered

**℞. iiii.**

with

## The Gouvernement

**¶** Hueroies  
commeth  
oyle in  
quinto de  
ouis.

with Sharpe Vineger and Sugar. Newe Oyle doth moist, and warme the stomacke, but olde Oyle, cozzrupteth the stomacke, & cleueth to the lunges, and maketh one hoarse. Oyle of Roses & Sharpe vineger, tempered together, is good to anointe the fore heades of them that be troubled with extreme heate or fransie, so that Blugose be sodden in their posset ale, or els drinke the syr-rupes of Endiue, or Buglos.

There be many goodlie vertues in compounded oiles, both to calife and make hote: And also to coole the body whē it is extreme hote, as the great learned man Iohn Mesua, hath described in his Antidorarii.

**¶** Ihon.

**V** wilt thou be so good as to tell me the properties of water?

**¶** Humfrey.

**Water**

Water is one of the four elements, more lighter then earth, heavier then fire and ayre. But this water which is here amongst vs in Riueres, Ponderes, springes, flouder, and seas: be no pure waters, for thei be mingled with sundry ayres, corruptions, grossenesse, and saltnes: notwithstanding in all our meates and drinks water is vled, & amongst all liuyng creatures can not be forborn, both man, beast, fish, foule, herbe, and grasse. And as Auicen saith, the claye water is pure, for cley clenseth the water, and is better then water that runneth ouer grauell, or stones, so that it be pure cley, void of corruption. Also waters runnyng toward the east, be pure, coming oute of harde stonye rockes, and a Pint of that water is lighter then

Galli. 3. de  
uic. in. avi  
li. 1. fen. 2.

What  
kinde of  
waters is  
best.

Auice. lib  
1. fen. 3. de  
dispositi  
onibus a-  
quarum.



## The Gouvernment.

then a pynte of the standyng water of welles, or pooles. The lighter the water, the better it is. Also waters that is put in wine. &c. ought first to be sodde or it be occupied cold, and so the fire dothe cleanse it from corruption. Standing waters and water running neare vnto cities and townes, or marish ground, wodes, & fennes be euer ful of corruption, because there is so much filthe in them of carions & rotten dunge. &c. The hyer it water dothe faule, then the water is. Yse and snowe waters be verygrose, and be hurtfull to the bodies of menne and Beastes. To drinke colde water is euyl, for it wyll stoppe the bodey, and engender melancholye. Salte water helpeth a man from scabbes, iche, and moiste humoures, it killeth lice, and  
wa

wasteth bloude betwene the skin  
and the fleshe, but it is mooste  
hurtful to the stomacke, but the  
vapoure and smoke of it is good  
for them that haue the dropsey.

**John.**

What is Vineger?

**Humfrey.**

**V**ineger is colde and drye, and is hurtfull for them  
that be melancholye, but when it  
is dronke, or poured vpon a out-  
ward wound stoppeth the blood  
It also killeth hot apostumati-  
ons of erisipilus, it is an enemy  
to the sinowes. Vineger & brim-  
stone sodden together, is good  
for the Goute, to washe it with  
all. Vineger tempered wyth  
oyle Olyfe, or oyle of Roses, and  
sodē with vntwashed wol, helpeth

The pro-  
perties of  
Vineger.

## The Gouernement.

a disease called Soda in the heade, applied warme vnto the place, it dothe helpe hoate diseases in the hed called Soda, it is good in sauce for al warm and moist men. Vineger with clene clarified honye penidies and faire water sodden together, doth greatly helpe the paines in the throte, oz lunges, oz stoppyng the winde, & quencheth hoat diseases. And sharpe vyneger mingled with salt, and put vpon the biting of a dog, doth heal it: and against popson it is excellent, chiefly to drinke a litle thereof against the pestilence in a morninge.

**John.**

What vertue hath our common salt?  
**Humfrey.**

Rasis in. 3  
alman.

Capit. 17.

**R**ASIS saith, salt is hoat and dry, Dioseorides saith, salt hath vertue to stop, to scoure, and mundifie,

fie,



ie, he, and of that minde is Oribasius,  
 it sayng: salt is compounded of mat-  
 he ter absterfiue and stiptik, whiche  
 ce matters be both binding and dzy-  
 li- yng moist humours, and is good  
 pe to powder fat flesh, both bief and  
 en porke, and other fat meate: for it  
 he hath vertue to dzye vp superfluo-  
 02 us humours, as water & bloud.  
 th c. But it is not good for leane  
 e- bodies, or hoat cōplexioned pro-  
 p- ple, for the much vse of it maketh  
 al the body cholerike, appete aged,  
 l- and to be angry. The very vse of  
 r- it is onely to season meates, but  
 02 not to be meate. Much good salt  
 is made here in Englande, as at  
 Wiche, Hollond in Lincolnshire  
 and in the Shyles nere vnto new  
 castell.

The ver-  
 tue off salt

Thon.

What is honye, or the vertue thereof:

Humfrey.

Auer.

## The Gouvernement

Auerrois  
in. 5.

Simeon  
Sethi.

**A**Verrois sayeth, honye is hoat  
and dzye in the seconde de-  
gree, and dooeth cleanse verye  
much, and is a medicinable meane  
moſte chieſieſt foꝛ olde men and  
women. Foꝛ it doth warme them  
& conuert the into good blud. It  
is not good foꝛ cholerick perſons  
because of the heat and dzyneſſe.  
Thei do greatly erre that ſay ho  
ny is hoat and moiſte: but if it be  
clarified from his wax and dꝛoſſe  
and kept in a cloſe veſſel, there is  
nothinge that is liquid vpon the  
earth that remaineth leger. And  
this pꝛecious iewel hony, hath e-  
uer bene moze pꝛayſed aboue ſu-  
ger, foꝛ it wil coſerue & kepe any  
frute, herb, rote, oꝛ any other thing  
that is put into it an excedyng  
longe time. Marueilous is the  
woꝛke of God in honye, beyng a  
heauenlye dewe, that falleth vpon

on flowers and leues as Auicen  
 deaieth, and is neither the iuice of  
 yeaues nor fruite, but onely the  
 rauenuye dewe. Whereunto the  
 bees commeth in due time, and  
 gather the said honye, and laye it  
 up in store in their curious buil-  
 ded houses, whereas they dwell  
 together in most goodly order. ¶  
 To see bees, how happyer are you  
 then many wretched men,  
 whyche dwelleth neuer together  
 in unitye and peace, but in con-  
 tinuall discorde, and disquietnes  
 as Virgill sayeth. En quo discor-  
 dia ciues produxerit miseros. Be-  
 holde what discorde wretched  
 citizins haue broughte forth.  
 But now to make an ende of  
 these moste excellent vertues of  
 the honye, it is good in the meates  
 of them whyche be flegmaticke.

Auen in.  
 2. Cano.  
 Cap. 504

god hath  
 ordeyned  
 the bees to  
 bee an ex-  
 ample vnto  
 vs, bothe  
 for loue &  
 working  
 in the  
 common  
 wealthe.  
 Virgilius



## The Gouvernement

Hony newely taken out of their  
combes, be partlye laxatiue, but  
clarified hony doth binde and dry  
vp fleum, and kepeth the bodys  
of flegmatike and old persons fro  
corruption. The best hony is ga  
thered in the spryng time, the se  
conde in somer, but that which is  
gathered in winter, is yll & hurt  
ful. One parte of hony, and some  
part of water sodden together un  
til the froth be all scomde of, and  
when it is colde kepte in a close  
stone pot, this drinke saith Galen  
is holesome for sommer, clenseth  
the lunges, & p̄serueth the bo  
dy in health. Oximel simplex and  
compositum be made wyth honye,  
and so be many mo thynges whi  
che be of greate vertue. Sugar  
which is called Mel canne, hony of the  
the reed, beyng clene, & not ful of the  
grose pannell, doth clense, and is  
not

Galen de  
tuen, sani  
Libra. 4.

not so hoate as Bees honye, and  
 both agree with the stomacks of  
 cholericke persons. Haliabas saith  
 it moueth not the stomacke to  
 dyspnes, and that the cleene white  
 suger not adulterated, dothe nour-  
 rishe more then honye. Of Rose-  
 water, Pearles, & suger is made  
 a goodly comforter for the harte,  
 called Manus Christi.

Haliabas  
 in .5. theo.  
 Capi. 27.

Ihon.

What is the propperie of milke?

Humfrey.

Simeon Sethi saith that milke is  
 of thre partes: whay, curdes,  
 and creme. Whay is holefome to  
 drinke, in Sommer, specially of  
 cholericke persons, it clenfeth the  
 body. Milke of fat beastes dothe  
 nourish more then the leane bea-  
 stes, and the mylke of yong bea-  
 stes is better then of the olde.  
 And the newe mylke is holefo-

Simeon  
 Sethi.

Q. i.

mer

## The Gouvernement

Rasis in. 3

alman 1

Capit. 151

75. 1962

Milke  
not good  
for foule  
stomacks

gocmi2

idre2

Hip. in. li  
de air. et  
aqua.

mer then that whych hath stand  
in the ayre, as Rasis sayeth. And  
also those beastes that feedeth in  
drye Pastures amongst sweet  
Herbes, grasse, and flowers ha  
haupnge conueniente Water the  
their mylke is very good. Milke  
in the begynnynge of Somer is  
verye holesome. In winter it is  
vnholesome for flegmaticke per  
sones, or them whych haue cor  
rupte and foule stomackes. For  
if the mylke be sowre, it dooeth  
engender the stone in the rapne  
or bladder. Cowes mylke is the  
thickest mylke, and vinctius  
or full of butter. But the best  
mylke that healeth agaynst the  
Consumptions, is womannes  
mylke. The nexte is Goates  
mylke, whych Goates mylke can  
ther nourisheth to muche, if it  
bee taken comunely.

Shepes



Shepes milke is not very pleasaunte to the stomacke. And I note thys, that Mylke is not wholesome to them whyche haue paynis in the head or teeth. But the people that bee broughte vp wyth mylke, bee fayre coloured, and healthfull bodyes.

Isaac sayeth, if Honye and a litle salte bee sodden in the mylke when it is wholesome, and is not wyndye nor flegmatycke.

If mynts, buttrage leaues, rose, eynarpe flowers, honye suckles, and a litle Sugar bee layed in a Basone, and couered wth a stayre linnen clothe, and mylke stehe layed Bason full throughe the clothe, and let it stande all nyghte. Thys is pleasaunt to a synke in the mornynge vppon an empty stomacke, two houres

## The Gouvernement

Galen de  
alimen.

before anye other meate, it clen-  
seth the rage of hoate burnyng  
Chollere, and thus I leaue o-  
mylke.

Thon.

What is butter?

Humfrey.

The ope-  
ration of  
butter &  
Cheese.

**B**utter is hoate and moyste  
freshe butter is bled in many  
medicines. Newe made butte  
meanelye salted, is good wyth  
bzeade, fleshe, and fishe, it heal-  
peth the lunges, and purgeth the  
drynesse of the throate, and hel-  
peth coughes mozte chieflyest if  
be mingled wyth honie oz suger  
It is good for younge children  
when their teeth dothe growe o-  
ake. Buttermilke if ye crumme  
newe whyte bzeade into it, and  
suppe it of, there is no mylke no-  
risheth so muche, Goates mylke  
excepted. Cheese if it be newe

It is indifferently well commended, but harde salte Cheese doth  
 hurt the bodye, and engendereth  
 the Stone, as Isaac and Auicene  
 sayth, and manye other doctours  
 moore doe discommende it then  
 prayse it. When pottes or stones  
 be broken, if harde Cheese be  
 stepped in water and made softe,  
 and grounde vppon a Daynters  
 Stone, it wyll ioyne the broken  
 pottes or Stones together a-  
 gaine. By this I gather, that  
 Cheese wil engender the Stone  
 before anye other meates. Ther-  
 efore Cheese shoulde be made in  
 Somer when the creame is not  
 taken from the milke. And Bit-  
 tony, Sarifrage, and Parcelpe,  
 chopped together, be holesome to  
 be mingled amongst the curds,  
 and thus I conclude wyth Halia-  
 mas, that olde chese is vnholesome.  
 Ihon.

Isaac in. 5  
 doc. ca. 15.  
 Auicen  
 in secun.  
 capitulo.  
 cxxviii.



**John.**

**What be Egges.**

**Humfrey.**

**G**alen sayeth in hys booke of  
**S**ymples, that Egges is not  
 parte of the fowles, but a porci-  
 on of the thyng frome whence  
 it came. Simeon Sethi wytyng  
 of the diuersitye of Egges, say-  
 eth, the fyrste propertyes is in  
 their substaunce, and the se-  
 conde is in their tyme, either  
 newe layed or olde. The thyrde  
 is in the maner of their rosting,  
 potchynge, or seethinge. Newe  
 layed Egges of Hennes pot-  
 ched and supped, vppon an emp-  
 ty Stomacke, dooeth clense the  
 Lungen and the raynes of the  
 backe. Harde Egges bee great-  
 lye discommended, vnlesse it be  
 to stoppe flires, but it were bet-  
 ter to seath Egges harde in wy-  
 nege

neger, and then vndoubtedlye  
it wyll drye vpper the flyre of  
the beallie. Fryed Egges bee  
of verie hurtfull for Cholericke  
people, and theim whiche haue  
the Stone. Duckes and Gees  
Egges bee grose and noysome,  
but Partriche, seafauntes, and  
Hennes egges, ingendzeth good  
in bloude.

John.

What is the propertie of wyne.

Humfrey.

Hippocrates saith of a customable  
thing commeth lesse hurte,  
where of I gather, that they that  
drynke wine customablye wyth  
mesure, it doth profit them much,  
and maketh good digestion. But  
those people that vse to dryncke  
wine seldome times, be distempe

Hipp.in  
ii. aphori

ca.

Auero in  
6.colig.  
Rasis in  
libra, 26.  
con. ca. 1.

rated. White wyne if it be cleare,  
it is holesome to be dronke before  
meat, for it pearseth quickly to  
the bladder: but if it be dronke v-  
pon a full stomacke, it wil rather  
make opilation and stoppyng of  
the meserates, because it dothe  
swiftlye driue fode doune, before  
nature hath of hym self digested  
it. And y nature of white Wyne  
is of least warmenelle. The se-  
conde Wyne is pure Claret, of  
a clere Jacinct, or yelow colour.  
This wine doth greatly nourry-  
she and warme the body, and is a  
holesome wyne with meate, and  
is good for flegmatike folke, but  
very vnholesome for younge chil-  
dren, or them whiche haue hoate  
livers, or paines in their heade,  
occasioned of hoate vapours, or  
smokes, for it is like vnto fier, &  
flare. The thirde is blacke, or  
depe



deepe read wyne, which is thick,  
a stopper of the belly, a corrupter  
of the bloud, a breader of y<sup>e</sup> stone,  
hurtfull to olde men, and profi-  
table to fewe menne, except they  
haue the flire. And for the elec-  
tion of wyne saieth Auicen: that  
wyne is best that is betwene new  
and olde, cleare, declining some-  
what to read of good odoure, nei-  
ther sharpe nor swete, but equall  
betwene two, for it hathe vertue  
not onlpe to make humoures tē-  
perate, warme, & moist, but also  
to expell euil matter, whiche cor-  
rupted the stomacke and bloude.  
In somer it oughte to be delayed  
with pure cleare water, as Aristo-  
tle sayth in his problemes. And  
note this, that in dry peres, wines  
be beste and most holefome, but  
in watry peres, the grapes be cor-  
rupted, whiche wine doth bringe  
to

Auicē in  
3. prim. 2.  
doc. ca. 8.

## The Gouvernement

7  
82  
Galen in.  
reg. acu.

The heat  
of excesse  
in drink-  
ing.

to the body many euill diseases,  
as dropsies, tympanes, fluxes,  
reumes, wyndes and suche lyke,  
as Galen sayeth. And thus to cō-  
clude of wyne, almighty god did  
ordeine it for the great comforte  
of mankinde, to bee taken mode-  
rately, but to be dronken with ex-  
cesse, it is a poyson mooste vene-  
mous, it relaxeth the senewes,  
bryngeth palsey, falling sycknes  
in colde persones, hoate feuers,  
fransies, fyghtinge, lecherie, and  
a consuming of the lyuer, to chol-  
lericke persones. And gene-  
rallye there is no credence to  
be geuen to dronkards, although  
they be myghty men. It maketh  
men lyke vnto monsters, with cō-  
tinuances, like vnto burnynge  
cooles: It dishonoureth noble  
men, and beggereth poore men:  
and generally killeth as many  
as be

as he slayn in cruell battailles,  
the more it is to be lamented.

**John.**

What is Beere or Ale?

**Humfrey.**

**A**le doth engendze grose humors in the body, but if it be made of good barly malte, and of holsome water, and berye well sodden, and stande fyue or syxe daies, vntyll it bee cleare. It is verye holsome, especiallve for hoate chollerycke folkes, hauing hoate burning feuers. But if ale be very swete and not well sodde in the bzeuwing, it bringeth inflammation of wind and choller into the belly: If it bee very sower, it fretteth and nepeth the guttes, & is euil for the eies. To them that be very flegmaticke, ale is very grose, but to temperat bodie it encrea



## The Gouvernement

increaseth bloude: It is partely  
laratiue, and prouoketh bzine.  
Cleane brewed Beare if it be not  
very strong, brewed with good  
hoppes, doeth cleanse the body fro  
corruption, & is very holsom for  
the liuer, it is an vsual oz comon  
drinke in moste places of Eng-  
lande, whiche in deade is hurt &  
made worse with many rotten  
hoppes, oz hoppes dried like dust  
whiche commeth from beyonde  
the sea. But although there com-  
meth manye good hoppes from  
thence, yet it is knowen that the  
goodly stilles, & fruteful grounds  
of englad, do bring furth to mas  
vse, as good hoppes as groweth  
in any place of this worlde, as by  
profe I know in many places of  
the countrey of Suffolke: Where  
as they brew their beare with  
the hoppes that groweth vppon  
their

their obone groundes: And thus  
to conclude of ale and beere, they  
haue no suche bertue noꝝ good-  
nes as wyne haue, and the sur-  
phetes whiche be taken of them,  
thzough dzonkenes: be worse the  
the surphetes taken of wyne.

Knowe this that to dzinke ale oz  
beere of an empty stomacke mo-  
deratly hurteth not, but dooeth  
good. But if one be fasting hun-  
gry oz empty and dzinke muche  
wyne, it will hurte the synewes,  
& bzingeth crape, sharpe agues, &  
palsies, as Auicen, Auerois and Ra-  
ls saith.

**John.**

What is bread?

**Humfrey.**

**T**he beste Bread is made of  
cleane swete wheate whiche  
groweth in claie grounde, and  
maketh but litle bzene when it is  
ground

Auicen, li-  
ter. tra. ii.  
capitu. 8.  
Auero in  
comen.  
Ralis in.  
4. alman.  
Capitu. 7.

## The Gouvernement

groūd , light leuened , meanelye  
 salted, and the bzead to be baken  
 in an ouen not extremely hoate,  
 for burning of the bzead, nor les  
 then meane hoat, for causpng the  
 bzead to be heauy and rawe , the  
 lyghter the bzead is , & the moze  
 full of holes, it is y holsoner, as  
 Auerrois and Rasis saieth . And also  
 bzead must neither be eaten new  
 baken, nor very stalle oz olde, for  
 thone causeth drienesse thirst &  
 smoking into y head , troubling  
 the braines and eies through the  
 heate thereof: The other drieth  
 the body and bringeth melācoly,  
 humers, hurting memozy. The  
 best bzead is that whiche is of a  
 daie olde, and the loues oz man-  
 chets, may neither be great nor  
 litle , but meane , for the fier in  
 smal loues dryeth vp the moist-  
 nes oz vertue of the bzead, and in  
 great

Auerrois  
 in quint.

Col.

Rasis in.

30. Alma

cap. 3.

ul. 10. 11.

conuen.

an. 21. 22.

nam. 4.

cap. 1. 2.



great Ioues it leueth rabwenes  
 and grosenes. Reade Galen in the  
 properties of bread: Sodden  
 bread, whiche be called symnels  
 or cracknelles, bee very vnhol-  
 some, and hurteth many one: Rie  
 bread is wyndy and hurtfull to  
 many, therfore it shoulde be well  
 salted & bakē with Annis sedes,  
 and comonly crustes of bread be  
 very dry & burneth, thei do engē-  
 der melancoly humers. Therfor  
 in great mens houses the bread  
 is chipped and largeli pared and  
 ordynarely is made in brewes,  
 and sosse for dogges, whiche wyl  
 helpe to feede a great number of  
 pooze people, but that manye be  
 moze affectionat to dogges then  
 men: Barly bread do cleanse, coole  
 and make the body leane.

John.

What is life.

Hamfreg.

There

Galen. 1.  
 aliment.  
 Cap. 2.

## The Gouvernement

Aui.in.2.

Can.cap.

500.

lxxviii.

**T**here be many opinions in the  
vertue therof, but I shal stay  
my selfe with the iudgement of  
Auicen: Rysse saith he, is hot & dry  
& hath vertue to stop the belly, it  
doth nourrishe much, if it be sod-  
den with milke, but it oughte to  
be steped in water a whole night  
befoze: if blaunched Almondes  
be stamped and with Rose water  
streined into them, and sodden  
with cowes milke, it is very nu-  
tramentall.

John.

What be Almondes?

Humfrey.

**T**he bitter Almondes be hoat-  
ter then the swete Almondes.  
Drye Almondes be hurtfull, the  
milke of moiste Almondes, wher  
in burning stele is quēched, stop-  
peth the flir: To eate Almondes  
befoze meate, p̄serueth against  
Drunkenes

Drunkenes. Walnuts be hollosom  
 when they be newe, to bee eaten  
 after fishe, for they hinder engen-  
 dring of fleume. Simeon Sethi saith  
 they are hote in the first, and drie  
 in the seconde degre, not hollosome  
 before meate, Plinii speakinge of  
 Metridatis the greate kyng that  
 Pompeius, founde of his own hand  
 writinge, that two nuttes & two  
 figges, and twenty rewe leanes  
 slaped together with a litle salt,  
 and eaten fasting, doth defende a  
 man both from poyson and pe-  
 stilence that date. Philberdes  
 and halle nuttes, be hard of di-  
 gestion, ill before meate, hurte-  
 full to the head and luges, if they  
 be roasted and eaten with a litle  
 pepper, they will helpe the tun-  
 ning and distillation of rumes.

Chestnuttes if they bee roasted &  
 eaten with a litle hony fastynge,  
 they

Of Wal-  
 nuttes.

Plinii in  
 Liber. 22.  
 Capitu. 3.

Of Phil-  
 bardes.

Of chest-  
 nuttes.



The Gouvernement

they healepe the coughe, if they  
be eaten rawe, althoughe they  
greatelye nourtyshe the boedy,  
yet they be hurtful for the spleene  
and filleth the belly ful of wounde.

Of nut-  
megges.

Auicenn  
Capit. de  
nace,

Nutmegges bee very good for  
colde persones, comforteth the  
sight & memory, as Auicenn saith:  
but without doubt Nutmegges  
doth combuste or burne sangwin  
men, and drie their bloude: and  
thus much haue I spoken short-  
ly of Nuttes.

John.

What be Cloues, Galangell, and  
Pepper?

Humfrey.

Rasis in  
li. 4. acho

They be hoate and drie, and  
as Rasis saith: doth comforte  
cold stomakes: and make sweate  
breth, and is good in the meates  
of them that hath ill digestion.  
Black pepper is hoater then leg  
pepper.

pepper, & doth mightely warme  
the body, the grosser it is eaten,  
with fishe or frute, the better it  
prouoketh vrine, it is hoate and  
drie, in the fourth degre, therfore  
they do erre that saie pepper is  
hoate in the mouthe and colde in  
the stomacke. Although pepper  
be good to them that vse it well,  
yet vnto artificiall women that  
haue moze beastlines then beuty  
and cannot be content with their  
natural complexion, but would  
fayne be fayre: they eate peper,  
dried corne, and drinke vineger,  
with suche like bagage, to dye  
bp their bloude, and this is the  
very cause that a great number  
though not all, fal into weakes-  
nes, greene sickenes, stinkinge  
bzethe, and oftentimes sodaine  
death.

Isaac in  
parti die-  
bus.

A practise

18.11.

John

The Gouvernement

Thou.

What is sweete Callamus odoratus

Humfrey.

**A**n excellent sweete roote and profitable for men, if the po-  
ticaries keepe it not untill it bee  
rotten, it is hote and drie in the be-  
ginning to the middes of the se-  
cond degre, it hath poore to close,  
to drie, to waste all woundes with  
in the body without hurte. Galen  
doth greatly comend the sauoure  
of it. They y<sup>e</sup> drinke of this roote  
sodden in wyne, shal haue reme-  
dy of the white morphew, and re-  
couer good collers. And this  
haue I proued, it helpeth cram-  
pes & sickenes in the senewes,  
beinge dronke in wyne, sodden  
with sage, it helpeth the splene, y<sup>e</sup>  
liuer and raynes, and will cleanse  
the secrete termes of womē, and  
augmenteth naturall seede.

John



**John.**

What is Ginger?

**Humphrey.**

**I**t is hoot in the thirde degree,  
and moiste in the ende of the first  
if it be vncollered. White and not  
rotten it is very good, most chief-  
ly if it be conserued. And grene  
as Mesua saith: it maketh warme  
a colde stomacke, and consumeth  
windes, helpeth euill digestion,  
and maketh meate gooe easelye  
downe into the stomacke.

Auerrois  
in. 5. coll.

Mesua in  
4. distin.

**John.**

What is Setwall?

**Humphrey.**

**H**ate and drie in the seconde  
degree, and is good, the pou-  
der therof to be dronke is mozte  
of effect against the pestilence ex-  
cepte: Methredatum: It is good a-  
gainst payson, winde chollericke  
and colde passions of the harte,

R. iij.

and

## The Gouvernement

and doth restrain vometes. The weight of eight granes doth suffice to be dronke in ale oz wyne upon an empty stomacke.

**John.**

What is Sinamon?

**Humfrey.**

**D**ioscorides dooeth saie: there be many kindes of Sinamon, but generally their vertue is this to helpe dropsies, windes oz stopping of the lyuer, and is hoate & drie in the thirde degre. **John.**

What is Cassia fistula, Seneca, and Licwabarbe?

**Humfrey.**

**C**assia fistula, if the Caane be heuie & the cassia within blacke and shining that is good cassia, if this be drawen new out of the caane halfe an ounce oz more at one time, & mingled with suger, and eaten of a fastinge stomacke

in

in the morning it hath power to  
 purge chollet, to close the raines  
 of the backe it will frete and con-  
 sume the stone, it purgeth berpe  
 easely, and is pleasant in taking,  
 it may be taken of children, booke  
 women, and sicke mē, in the time  
 of their feuers, & accessē of their  
 fyttēs, excepted. Rhubarbe do  
 purge yelowē collet by him self,  
 two or thre drames may be take  
 or a litle more, so that there be a  
 drame of spicanarde or sinamon,  
 put vnto it. In sommer to drinke  
 it with whay. In wynter with  
 white wine; but y cleane yelowē  
 rubarbe sliced, and put into infu-  
 tion all the nighte with whaye,  
 whyte wyne, or Endiue water,  
 and streyne it in the morninge,  
 doth greatly purge the bloude  
 and lyuer, thre or foure drames  
 with spicanarde a dram or more.

Of Ru-  
 barbe and  
 his opera-  
 tion.

R. iiii.

Seene



iv. 10. The Gouvernement

**S**cene Alexandria, if it bee sodden  
in the broth of a cocke or a herne  
doeth purge the bloude and the  
lancoly, very gently and comfort  
the hart. One ounce of the cleane  
smell leaues of scene without  
cokes or stalkes, halfe a quarter  
of one ounce of ginger, twelue  
cloues, finkle seede two drames,  
or els twoo drames of sinamon  
tartar, halfe a drame, beaten all  
together in powder: These dooe  
purge the head mightely to bee  
taken befoze supper, & weighte of  
one drame in a litle white wine.

**John.**  
I woulde bee glad to learne the ver-  
tue of Aloes:

**Humfrey.**  
**T**here be two kindes of aloes;  
one is named Succotrina, which  
is lyke a lyuer, cleare, bittle  
bitter; collered betwene read and  
yellowe

yelowe, this is best for medicines  
 a little of this beinge tempered  
 with Rose water, being put vnto  
 the eyes, helpeth the droppynge &  
 watery eyes. Also it is put in ma-  
 ny excellent medicines laxatiue,  
 as saffron, myrrour, aloes, mingled  
 together. In the forme of pilles,  
 is the most excellent medicine a-  
 gainst the pestilence, as it is writ-  
 ten in this booke folowing. Honye  
 and aloes mingled together, doe  
 take away the markes of stripes  
 and also doth mundify sores and  
 vlcers, it doth cleanse the aboun-  
 dance of cholere, & fleume from  
 the stomacke. It is not good to  
 be taken in winter, for Auicenn  
 dothe forbid it, but in the springe  
 time, or harvest the powder ther-  
 of. The weight of a fresh crown  
 mingled with the water of honie  
 or meade, and so droncke in the  
 mo2

Auicē in  
 li. de sim.

Aloes ca.  
balin.

morninge it dothe clense bothe  
choller and flegme. There is an  
other grose aloes which is good  
for horse tempozed with ale, and  
ministred as well to other great  
beastes as horses, the weight of  
halfe Anounce, and thus muche  
haue I said of Aloes, but if aloes  
be clene washed, it is the holso-  
mer, manye vnwashed Aloes  
wil cause emeroydes. John.

Is the Safron that growe in Eng-  
land as good as that, that come from  
the other syde of the Sea:

Humfrey.

Our English hony, & Safron  
is beter the any that cometh  
fro any other strang or fozen lad.  
But to thy question of Safron,  
it haue vertue, ether in bzead or  
potage, to make the hearte glad,  
it warne the body, it pzeserueth  
fro drōknes, drōke in ale or wine



prouoketh actes venerus, indu-  
 cith slepe, purgeth bzyn. With a <sup>subtle</sup> ~~subtle~~  
 loes & saffrō, maketh an excelent <sup>busse.</sup>  
 pil against y pestilens, two peny  
 waight of safron powder roosted  
 with the yolke of an egge very  
 hard, and the sayd yoke beaten in  
 powder, twelf graynes drinke a  
 morninges is good agaynst the  
 pestilēce, Safron, planten, & I-  
 uiry soddē. The decoction drinke  
 helpeth the yellow Jaunders, it  
 is drye in the firste degre & haue  
 bertue to restrayne. John.

V The playne men in y cuntry dwel  
 far from great Cities, our wyues  
 and chyl dren be often sicke, & at deaths  
 doze, we can not tell what shifte to  
 make we haue no acquaintance with y  
 a apothecaris, comonly we send soz a  
 quātite oz mamsey what so euer our  
 diseases be, these be our comō medicins  
 oz else we send soz a bore of triakle, &  
 when these medicins faile vs we cause  
 a great

## The Gouvernement

a great posset to be made, and drinke  
by the drinke: thinkest thou these medi-  
cines be not good?

**Chumfrey**

**F**or lacke of medicine God hel-  
peth the people oftentimes by  
myracle, or els a great number of  
men should pearish. But because  
the almightye God hath couered  
the whole face of the earth wyth  
many precious simples, wherof  
riche cōpositions be made. Ther-  
foze be nether so rude nor barba-  
rous to thincke these medicines  
good that thou hast reherſed, for  
al diseases, although not hurtful  
to some: but because many do re-  
ceiue moze mischief then medi-  
cine in counterfaite treacles. I  
shal rehearse vnto thee what Va-  
lerius Cordus and other, doth write  
vppon the vertue of the precious  
triacle called Metridatum.

**John**

John.

I wolde be glad to heare of that precious triacle, and his vertues.

Humfrey.

This excellent triacle Methridatum is nette in qualite and vertue to Theriaca & do differ but little, but onely Theriacha is a little hotter and stronger againste venyme of Snakes, edders, and serpentes. It helpeth all paines of the head of men or women if it come of colde, most chiefly of melancholye and feare. It helpeth megreme, fallynge sickenes, and all paines of the forehead, droppynge of eyes. It helpeth to the ach, paines of the mouth, chekes, if it be put in maner of a plaister, or els anointe the pained place. It helpeth pains of the throte called Squinace, and also coughe, appoplextia, and passion of the lunges,



lungeſ, and many greuous dol-  
 lers and paynes within the bo-  
 dy, dronk with the decoction of  
 the flowers of pomgranetes or  
 planten it helpeth and stoppeth  
 ſixes in the Illias & long gutes  
 windes or collick. The extention  
 or cramps be helped very much  
 with this Metridatū drōken wyth  
 ſtilled watters. Palles, ſicke-  
 neſſis in the midriffe, the liuer,  
 rayns & bladder, be clenſed ther-  
 by, it prouoketh the menſtruall  
 termes in women being dronke  
 with poſſit ale. If Iſope or ier-  
 māder be ſodden in the ſayd ale  
 it is excellent agaynſte the peſti-  
 lence, or poyſone. If it be dronke  
 but a litle quātitie therof, accor-  
 ding to the diſeaſe, ſtrength or  
 adge of the perſone. It is verye  
 good againſt the ſtone, or for we-  
 men which haue a newe diſeaſe

peraccidentes called the grene  
 yckenes, there is nothinge bet-  
 ter against the bitinge of a mad  
 dogge then to drinke of this, and  
 to annoynt the wound. If it be  
 geuen in drinke to any sicke bo-  
 dy a litle before the access or co-  
 minge of the colde fyttes of coti-  
 dians, tercians or quartens, so  
 that it be dronke with wyne tē-  
 peratly warmed, this Methridatū  
 is a medicine of no small pryce,  
 Democrates hath a godlie compo-  
 sition of it, an other excellent cō-  
 position is of Cleopatre as Galen  
 wyrteth. An other and the most  
 excellent is the dyscription of  
 Andromachus phisicion vnto king  
 Nero, but the cheife father of this  
 acte, was kinge Methridatus the  
 noble king of Pōthus after whose  
 name it is called.

Ihon.

In

Of the ex-  
 silent trea-  
 cle called  
 Methri-  
 datum.

## The Gouvernement.

In dede this is an excellent medecin,  
but I pray thee where shall I buye it?

Humfrey.

**T**he blinde felowe John doe  
eate many a life, & the plaine  
meanyng man is oft disceined.  
There is no trust in some of the  
Poticaries, for althoughe the v-  
surpacion of quid pro quo is tolle-  
rable, for their Succidanies pet-  
to abuse their simples or compou-  
des, it is not onely theft to robbe  
simple men: but also murther to  
kyl the hurtlesse.

John.

**O**f late time we have bene so affli-  
cted with sondre sicknesses and  
strange diseases that in many places  
we could get no phisicians to help vs,  
and when men be sodainly sicke. CC.  
miles from London, Cambridge or  
Oxford, it is to late for the patiente to  
send for helpe, being infected with the  
pestilence. I pray the tel me some good  
regimente



regiment for me and my family, if it please God that it may take place.

**Humfrey.**

**I**shalbe glad forasmuche as thou hast take paynes to heare me al this while, to teache thee a pety regiment for the pestilence.

**John.**

**R**ade it faire and softly, and I will take my penne and write it.

**Humfrey.**

**C**ertainly the occasion of this moste fearefull sickenes commeth many waies: as the chaunge of the aire from a good vnto an euill qualitie, taking his benemous effect of the vitall spirites, whiche incontinent with al speede, corrupteth the spirituall bloud. And sodely (as it were) an vnnmerciful fire, it quickly consumeth the whole body euen to death, vnlesse the holosome medicine be preuent and come to the heart, before the pestilent humour. And because it is a very strong sickenes, it is requisite to haue a strong curing medicine. For

*Diffinictio  
epidemic  
Sall.*

S. l.

weake

## A regiment

**Goodaife**

weake thinges wyll not preuaile a  
gainst so strong a matter. Therfore  
pray you note these six sayngs, as aire,  
diet, slepe, or watche, quietnes or trou-  
ble, and finally medicine. First walke  
not in stinking mistes, nor by corrupte  
marrys ground, nor in extreme hoate  
wether, but in faire cleare aire vppon  
high ground in swete fields or gardes,  
hauing fire in your chāber, with swete  
perfumes, of y smoke of Olibanium, or  
Beniamen Frankensence, beinge colde  
wether. And in hoate wether, Roses,  
willowe bzaunches spzinkled with vi-  
neger, and often shiftinge the chamber  
is holosome, fleeing the South wynde.  
Secondly, diet, moderate eating meate  
of good digestiō, as all that haue pure  
white flesh, bothe of beastes & foules,  
good bread of wheate, partly leuened.  
**Goodlettis** Eate no raw herbes, Purslen, Lettis,  
pang Lettis, or foxrell, except with vi-  
neger. Drinke of cleare thine wine, not  
chaunged and vse oft times vineiger  
with your meates, and myngle not fish  
and fleshe together in your stomacke, &  
to

to drinke a tisant of barley water, rose  
water, & sorrell water, betwene meales  
is good, eighte sponesfulles at ones.

Thirdly, beware you slepe not at none Moone  
it bringeth many sicknesses, & geueth slepe.

place to the pestilence, and abateth  
memozpe. For as y<sup>e</sup> marigold is spzed  
by the daye, and closed by the nighte:  
euen so is man of nature disposed, al-  
though thzough custom otherwyle al-  
tered vnto great damage and hurte of  
body. Eight hours slepe, suffyleth wel

Slepe.

to nature, but euery complexion hath  
his proper qualities, to slepe vpon the  
right side is best, euell vpon the lefte,  
and woyle vpo the back. Fourthly, vse

Exercise.

moderat exercise and laboꝝ foꝝ the eua-  
cuation of the excrementes, as swyfte  
going vp hilles, stretching foꝝth ar-  
mes and legges, lifting waightes,  
not verpe ponderous, foꝝ by labour the  
first and second digestion is made per-  
fit, and the bodye strengthened, & this  
is a mighty defence, agaynst the pesti-  
lence, and many mo infirmities, where-  
as thzough idlenes bee engendzed all

Detrimenta  
sanitate.

Call.



## A Regiment

**Fifthly.**

diseases bothe of the soule, and bodie, where of mā is compounded & made. Fifthlye, aboue all earthlye thinges, mirth is mosse excellent and the beste companion of lyfe, putter alwaye of all diseases: the contrary in plage tyme bringeth on the pestilence, thzough painful melācolike: which maketh the body heauy and earthlye. Companys spulke, honest gaming, or any other vertues exercise doth helpe agaynst heauines of minde. Sixtly medicine, the partie beyng chaunged in nature and condicton, trimbling or burning, vomiting wyth extreme payne in the daye, colde in the night, and straunge imaginacions. &c. Apte to slepe, when these signes do appeare, geue him medicine befoze. xii. houres, or else it will be his death. Take therfoze withall spece, Sozel, one handful stāped with Kewe, Enulacampana, Dzingeringes, Sitronseedes: the great thistle rotes, Geneper berries, walnattes cleane piked, of eche one ounce, stampe them all together, then take pure sharpe vinegar,

**De signis  
pestilenci  
dis.**

neger, a quarter of a pinte, as much  
 suglosse water, as much whyte wine,  
 and temper your sayd receites wyth  
 these licoures. Then put in two cun-  
 ces of pure Methridatum andromachi, Methrida-  
 which is an excellent triacle, and two tū andro-  
 Drams waight of the powder of pure machi.  
 Bole armein, mingle them al together  
 in a verry close vessell, and geue the  
 patient a sponesfull or moze nexte hys  
 heart, and estones as much moze, & let  
 them that take this slepe not buryng  
 twenty hours: or else take pure Triacle  
 and setwel mingled in possit ale made  
 with white wine, wherin sozrel haue  
 boyled a good draught, and let an ex-  
 pert Chirurgion let the patient bloud  
 vpon the midle wayne called Mediana, Mediana  
 or the hart wayne: Basilica a good qua- Basilica  
 tity according to the strenght and age  
 of the patiente, excepte women with  
 childe, and children. For the retaining  
 the sayde bloud, would all turne to be-  
 nym and incurable poyson: And note  
 this, that bloud be letten vpo the same  
 side that the soze doth appere. If any ap-  
 pere

## A regiment

Pillule  
Pestilen-  
tialis.  
Ruffi.

pere for many causes, & slepe not. viii. hours after, & vse this most excelēt pille often times. Take pure aloes epatic & myrrē, wel washed in cleane water, or Rose water, of eche two drammes, and one dramme of the powder of Saffrō, mingled with litle of swete wine, and tempered in a very smal vessel vppon y coles, vntill it be partly thicke, or els incorporate al together in a morter, the rol them vp in smal round pills, vse to swallowe half a dram of these pills two times a weke in y pestilence time a morninges. iiii. houres before meate. An other medice, tormentil gentian setwell of eche one dram, spicenarde drams. ii. nastick drammes thre, bole armen drams, viii. geue two drames to y patiēt or any that feare the plague in the water of Skabeas, or Cardus Benedictus, then drinke the brothe of a chicken, or pure wine, to ripe the soze, roste a great onion, take out the coze, put in triacle, and warme apply it to the place thre or foure tymes renned warme. And oyle Oliue, blacke sope,

soure



For the Pestilence. Fol. cxxv.

Soure leauen, Lilly rootes, of eche lyke  
quantitie boyled together, put in the  
topse of Rew, and make a plaster, this  
will bzeake the sayd soze, Capös grese,  
yolkes of egges, swines grease, barlie  
floure, linsede in ponder, encozpozated  
together, will make a good heling pla-  
ster. Emplastrum diachilon, magnum  
discriptione filii Zacharia doth resolute  
and quence the hote vlcet. But in the  
time of the plage trust not vyzins.

Agayne to the gentle  
Reader.

The swift runner in his rase, gentle  
Reader) in a stobby or rockye ground  
is in danger of to stumble or  
faule, where as the goer faire and soft,  
ly in the smothe path is safe. Euen so,  
because I haue had no cōference with  
others, noz longe tyme of pzeimeditatiō  
in studie, but with speade haue cōcilia-  
ted this smal intituled Gouernement of  
health, it can not be, but many things  
haue

To the Reader.

have misse in the print, as in folio. lxx.  
the. xlviii. line, reade sighe for sight, in.  
fol. lx. the seconde page. xi. line, reade  
Olibanum for Olibulom: and in the  
ende of the Epistle to the reader, there  
is imprinted ~~Wenjoar~~, for ~~Auenjoer~~,  
in fol. lxxi. line. xv. leave out because.  
And thus to conclude, I will by Gods  
grace soone another booke, called the  
Healthfull medicines vnto this Gouer-  
nement, and at the next impressiō such  
amendes shalbe made, that both stile  
and sentence shalbe diligently kept in  
true order to thy contentacion, God  
willing, who euer kepe thee in health.

The first of March, the yeare of our  
saluacion. 1558. ult. P. & M.  
8<sup>th</sup> pr. Elisab.

William Bulleyn.

This booke is one of the  
of which it is among the  
fol. lx. the one page  
for the  
Anne  
source

This booke is one the curse  
of chryst is another he that  
stealeth the one shall have  
the other

qu? Amen  
or. Amen



The Government of Health was first printed in 8<sup>vo</sup>  
1548 according to Anthony Wood, with a wooden  
Cutt of the Author prefixed representing his face  
in profile with a long Beard. an imperfect Copy of  
one Edition had been the property of Mr Beckett  
formerly a Surgeon of Note in London. There was  
a later edition still printed by Valentine Symes  
8<sup>vo</sup> 1595 in which are these lines

Esse cupis sanus, sit tibi parca Manus,  
Pone gulae metas ut sit tibi longa etas.

1802

1548

---

254 years old.

In St Giles's Cripple-gate  
Under the Same Stone with J. Fox. Mar

Here lieth buried William Bullen, who  
the 17th of January, 1576. Under this Stone  
lieth the Body of Richard Bullen, a  
Faithful Servant and Preacher of  
Jesus Christ, and was buried the 16th of  
October, Anno Dom. 1563.

Quia sub hoc saxo tria Corpora mista quiescunt  
Guillemi Bullen Medici, Fratris Richardi,  
Ac Johannis Foxi: Qui tres, mihi crede fuerunt  
Doctrina clari, rari & Pietatis Alumni.  
— — —



ar  
re  
a  
f  
ef  
vit